FIT JUST4U

May 1, 2026

Aging Well With Strength, Power, and Purpose

Welcome

Welcome to the First Edition of the Fit Just4U Newsletter! We're so glad you're here!

At Fit Just4U, our mission is to help you age well—with Strength, Purpose, and Power. This newsletter is an extension of that mission, created to support, educate, and encourage you on your wellness journey.

Each month, we'll focus on a specific health topic—breaking it down in a way that's easy to understand and practical to apply. We'll explore the why it matters, the changes that can occur as we age, and most importantly, simple steps you can take to improve and maintain your health.
Our goal is to empower you with knowledge, inspire consistent action, and remind you that healthy aging is not only possible—it's something you can actively pursue every day.
Welcome to the journey. We're honored to walk alongside you.

Our Team

At Fit Just4U, our team is more than a group—we are a community of trainers committed to assisting you to age well. Each smile you see represents dedication, and the joy that comes from supporting our clients and commitment in making a differnece.
We laugh, we encourage, we push we celebrate every victory—big and small. Because here, it's not just about fitness... it's about connection, confidence, and living life with Strength, Purpose, and Power.



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CARDIOVASCULAR HEALTH
WHAT IS IT AND WHY EXERICSE MATTERS

WHAT YOU NEED TO KNOW THIS MONTH

Cardiovascular health refers to how well your heart and blood vessels (your circulatory system) are functioning. It's a key part of overall health because this system is responsible for delivering oxygen, nutrients, and hormones throughout your body—and removing waste products.

At its core, good cardiovascular health means:

- Your heart pumps efficiently
- Your blood vessels are flexible and free of major blockages
- Your body maintains healthy levels of blood pressure, cholesterol, and blood sugar

Signs of good cardiovascular health

- Normal blood pressure and heart rate
- Good endurance (you don't tire easily during activity)
- Healthy cholesterol levels

Why it matters

A healthy cardiovascular system lowers your risk of serious diseases and helps you maintain energy, brain function, and longevity.



Tips To Improve Cardiovascular Health



Taking care of your heart doesn't require extreme workouts or drastic changes. It's about consistent, intentional habits that support your body day by day.

Move Your Heart Daily

- Aim for 20-30 minutes of movement most days
- Choose low-impact options: walking, chair cardio, light dancing
- Build Strength 2-3 Times a Week
- Use light weights or resistance bands
- Focus on functional movements: sit-to-stand, step-ups

Eat Smart for Your Heart

- Fill your plate with fruits and vegetables
- Choose whole grains over processed foods
- Include lean proteins (fish, chicken, beans)
- Use healthy fats like olive oil and nuts
- Limit salt, sugar, and highly processed foods
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Stay Hydrated

- Drink water throughout the day - drink ½ of your body weight in ounces of water -

Manage Stress in Healthy Ways

- Practice deep breathing or prayer
- Take time for quiet reflection
- Stay connected with supportive people
- Gentle movement can help release tension

Member Spotlight: Lorraine Worrell



At 76 years young, Lorraine Worrell is a shining example of aging with strength, purpose, and grace. A dedicated Fit Just4U member since 2015, Lorraine continues to prioritize her health through regular exercise, healthy eating, and activities like gardening that support her overall well-being.

She works out three times weekly in our Buddy Camp and Ladies Only Weekend Warrior Boot Camp programs. Lorraine shares, “Working out at Fit Just4U keeps me motivated, encouraged, and focused on aging with grace, strength, and good health.”

Her consistency, positive spirit, and commitment to healthy aging inspire us all to keep moving, stay strong, and live well at every age

HEALTHY AGING TIP OF THE MONTH

Movement is medicine for the heart. Just 30 minutes of physical activity most days of the week can improve cardiovascular health, boost mood, and increase overall quality of life.

Patients need compassionate care, clear information, and



What's Up at Fit Just4U

MAY IS CARDIOVASCULAR HEALTH MONTH

This month, we are focusing on the importance of heart health and the power of movement. Regular exercise can help lower blood pressure, improve circulation, strengthen the heart, increase energy, and reduce the risk of chronic disease. Remember—every step, stretch, and workout matters!

NOW HAPPENING AT FIT JUST4U

Ladies Only Weekend Warrior Boot Camp
Join us every Saturday morning for fitness, fun, accountability, and sisterhood as we work toward stronger, healthier lives together.
Saturdays | 7:30 AM

Buddy Camp Training 4:45 pm Tues & Thurs
Grab a workout partner and experience personal training in a supportive small-group environment designed especially for adults 50+.
Tuesdays & Thursdays

Chair Fitness & Senior Fitness Classes: 6 am - 7:30 am Tues-Friday
A safe, effective, and energizing livestream fitness class via Zoom, designed to improve strength, balance, flexibility, and mobility for every fitness level.
Six Week Fitness and Health Challenge: Start Date: June 1, 2026

STAY CONNECTED
Follow us for fitness tips, motivation, healthy aging education, and community updates.
Facebook • Instagram • LinkedIn
Fit Just4U Personal Training & Wellness Center
"Investing in health today. Transforming tomorrow. Strengthening lives. Building legacies."