

5 Easy Ways to Celebrate the Season of Love with a Healthy Heart

American Heart Month is a great time to learn how to take care of your ticker by incorporating heart-healthy fitness into your workout routine.

HOUSTON, TX, UNITED STATES, February 9, 2022 /EINPresswire.com/ -- The month of February is all about the heart. In addition to Valentine's Day, February is dedicated to American Heart Month, when heart health awareness comes to the forefront of our attention. According to the Centers for Disease Control and Prevention, heart disease and stroke are a leading cause of death in the United States, but the good news is that these heart conditions are largely preventable.



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Much like any other muscle in the body, the heart needs exercise to function properly and efficiently. Strong muscles are healthy muscles, which means a strong heart is a healthy one. “Regular exercise is proven to reduce not only the risk of heart disease but also reverse its effects,” says Houstonian Club personal trainer Lana Maciel.

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[The Houstonian Club](#), an award-winning fitness club in Houston, focuses on a healthy approach to wellness and exercise in a relaxed setting. Offering state-of-the-art

equipment and over 160 group exercise classes per week, The Houstonian Club has something for everyone, including heart-healthy exercise programs, no matter their fitness ability or goals.

Maciel recognizes that often, a busy lifestyle gets in the way of maintaining a workout routine. She put together five ways to help start and keep a regular exercise regimen geared towards

staying heart-healthy.

Keep it simple

Keeping your heart healthy doesn't have to be time-consuming. Just 30 minutes a day is all you need to flex your heart muscle. If you're on an even tighter schedule, 10 minutes of high-intensity interval training can increase your heart rate and challenge your cardiovascular system.

Partner up

Find a workout partner with similar goals to join you for an exercise session. Not only does it make the workout fun and social, but it helps to hold you accountable. When you've set a date and time with someone, you're less likely to skip out on the workout. And, of course, it doesn't hurt to have a workout partner who will push you a little harder than if you were on your own.

Make it fun

Do activities that you enjoy and keep you feeling motivated. Or try something that you've never done before, like taking a new class or learning a new sport. Whatever you choose, it should be something you look forward to, not something that feels like a chore. And when you find it, your heart will be happy.

Mix it up

Don't be afraid to think outside the box! Avoid doing the same thing every day. Add some variety to your routine, change the environment, or even take your workout outdoors. The more you can mix it up, the less likely you will get bored with working out.

Ask for advice

Not sure where to start? Ask a fitness professional about how you can get started on a routine to



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improve your cardiovascular health. With their guidance, you can start challenging your heart and reducing your risk of heart disease, stroke, and hypertension.

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa just celebrated its 40th anniversary in 2020. It is a Forbes Travel Guide Four-Star, urban retreat located adjacent to the city's iconic Memorial Park, and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian is a member of Preferred Hotels and Resorts, and consistently provides guests with attentive and highly personalized service in an authentic manner. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its newly renovated guest rooms, four onsite dining restaurants, and a classic hotel bar. The hotel has 33,890 square feet of Indoor Meeting Space and 87,349 square feet of Outdoor Meeting Space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 175,000 square-foot Houstonian Club offers state-of-the-art equipment, over 160 weekly group exercise classes, aquatic programs, an indoor tennis facility, a resort pool with a rockslide, sports lap pool, and a quiet garden pool. At 26,500 square feet, the new Trellis Spa at The Houstonian is now the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception and hallway, leading to all-new redesigned, sophisticated interiors where guests may enjoy hours of undisturbed relaxation. Trellis offers a new outdoor Soaking Pools and Garden experience with open-air cabanas, a scenic treetop dining room, renovated treatment rooms, indoor Reflection Pool, and tranquil lounging areas. Solaya Spa & Salon by The Houstonian opened in February 2020 in the prestigious Highland Village of River Oaks in Houston. The Houstonian also opened Sage 'n' Bloom Floral Studio at The Houstonian in July 2020, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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<https://www.facebook.com/HoustonianClub>

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