

360° SALUD

FOR MANY, HEALTH EQUALS FLAT ABS. BUT FITNESS IS ALSO ABOUT YOUR HEART AND MIND. OUR EXPERTS SHARE THEIR KICKASS TIPS TO BRING OUT THE WELLNESS WARRIOR IN YOU.

BY BIANCA MERCADO

FITNESS EXPERT AND SOCIAL MEDIA STAR MASSY ARIAS GIVES US HER GET-FIT SECRETS

What words of encouragement do you have for women beginning their fitness journey?

Strive for progress, not perfection. It doesn't matter how weak or how out of shape you think you are, how old you may be, or how much work you have ahead of you, anything is possible when it comes to our bodies. When I started my journey I couldn't run a few blocks without my exercise-induced asthma getting in the way. Today I can run miles with ease and perform like a high-level athlete.

If you had to choose one workout move, what would it be?

The burpee is the king of all exercises because it literally targets so many muscles in the body at the same time. This full body jumping-and-squatting exercise works your trapezioids, pectorals, lower back, shoulders, triceps, quadriceps, calves, hamstrings, glutes, and abdominals. Burpees can help you with overall strength, flexibility, muscle tone, and weight loss. They are versatile and don't require workout equipment to perform them.



What is your No. 1 heart-health tip for Latinas?

Watch out for fried foods or dishes heavily seasoned with salt. Whether it's plantains and tortillas or rice and beans—oils, salts, and fried foods in

abundance aren't good for us. Coming up with healthy swaps and options for our Latin community is a big focus for me. My favorite: A Greek yogurt smoothie. Add a cup of sweet frozen cherries to a cup of nonfat Greek yogurt and a cup of unsweetened almond milk. Blend it with two packets of pure stevia leaf extract and top with honey almond granola.

What inspires you?

I'm inspired by my efforts to do the things that make me happy. I don't want to go back to where I was before because I was unhealthy physically and mentally.



YOU SHOULD KNOW THIS....

HEART DISEASE IS THE NUMBER-ONE KILLER OF LATINAS IN THE U.S., DUE TO HIGH BLOOD PRESSURE, OBESITY AND DIABETES. GET AN ANNUAL PHYSICAL EXAM TO IDENTIFY SYMPTOMS BEFORE THEY BECOME LIFE-THREATENING.

HISPANIC WOMEN ARE LIKELY TO DEVELOP HEART DISEASE 10 YEARS EARLIER THAN CAUCASIAN WOMEN.

ONLY 1 IN 4 LATINAS IS AWARE OF TREATMENT OPTIONS.

1 IN 3
women die of heart disease and stroke each year—that's approximately 1 woman every minute.

*Heart disease stats: American Heart Association's Go Red For Women



3 WAYS TO STRESS LESS, AHORA!

BEING ANXIOUS CAN WREAK HAVOC ON YOUR HEALTH, FROM BINGE EATING TO INCREASING YOUR BLOOD PRESSURE. OUR LIFESTYLE EDITOR ROBYN MORENO SHARES EASY WAYS TO HELP YOU SLOW YOUR ROLL.

1 | START YOUR DAY TECH-FREE:

Did you know that the first thing 62 percent of Americans do when they wake up is check their smartphones? Not the sun shining in through the window, not their kids' or lover's faces. A University of California, Irvine, study found that constantly checking work email increases your heart rate to a stressful "high alert" state. So do yourself a favor and don't check your inbox until after breakfast.

2 | JUST SAY NO: As Latinas, it's normal for us to always say "yes" to demands from family and friends. To help lighten your load, make it a practice to say "no" to someone every day, whether it's an invite or a burdensome request. Leaving a little unscheduled room in your daily calendar is the best way to say "yes" to your health and yourself.

3 | SHAKE YOUR MONEYMAKER:

Need to blow off some steam? Studies show that a quick two-minute cardio boost can lower tension and improve your mood. So the next time your coworker gets under your skin, take a quick power walk to help kick in all those mood-boosting endorphins.