



FOR IMMEDIATE RELEASE

Heart Zones Trainer shows ABC How Houston Gets Healthy

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Press Release

Get Healthy Houston uses Heart Zones Training to get fit in 2006

Julie Seidel, Heart Zones Certified Trainer and Weekley YMCA Getting Houston Healthy

Houston, Texas January 16, 2006 Heart Zones Trainer, Julie Seidel and the Weekley YMCA of Houston, have been asked by ABC and the city of Houston to be a major part of the "Houston Get's Healthy" campaign.

Julie taped three local segments that aired on local ABC Channel 13 January 9-16th.

Houston Gets Healthy

For the last eight years, Houston has ranked in the top among the 100 fattest cities in America. Recently, it has held the top spot both in 2005 and 2003. The "Houston Gets Healthy" campaign came out of desire to combat the negative image that Houston had as America's fattest city. The program, with links on ABC13.com, provides the people of Houston with real, hands on tools and information to begin to make lifestyle changes.

Julie Seidel's recommendation is to "just get moving". As a trainer with an extensive background in cardiovascular training and the heart (www.heartzones.com), Julie knows that the heart is the most important muscle in the body when it comes to health and fitness benefits. In her spotlight with ABC and Good Morning America, Julie gave three separate individuals sub maximum heart rate tests. These tests can estimate one's maximum heart rate without "going to the max" and are safe for a large majority of the population who needs to get moving. Julie did a step test, a walk test and a cycle sub max test. All of her participants wore a heart rate monitor for their tests.

[Learn more...](#)

About Heart Zones

Heart Zones is a leading educator in cardiovascular training, providing unique heart rate based training to fitness professionals as well as to individuals wanting to get healthy, fit and/or perform in athletics. Founded by Sally Edwards, former professional triathlete, entrepreneur, and author of over twenty books on training the heart, Heart Zones provides individuals with tools to get fit, from self-help books, DVD's and testing packets to online coaching. Sally Edwards is the spokesperson for the Danskin Women's Triathlon Series, the largest women's only triathlon series in the United States.

Website: <http://heartzones.com/>

YMCA of Greater Houston

The Weekley YMCA is a sponsor of the Houston Gets Healthy program. The Athletic Director, Shannon has implemented Heart Zones into all cycling classes at the YMCA and has begun to implement heart rate monitors and Heart Zones into the other aerobic classes and personal training as well. Using heart rate monitors in all classes enables all participants to be able to monitor their intensity at all times, make personal adjustments, and make the most of their exercise classes and programs. Shannon has seen a dramatic rise in the fitness level of their members.

Website: <http://www.ymcahouston.org/>

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