



HEALTH TIP OF THE MONTH

Association Between Sauna Bathing and Fatal Cardiovascular and All-Cause Mortality Events Laukkanen et al.,

In 2015, *JAMA Internal Medicine* published an article called "The Association Between Sauna Bathing and Fatal Cardiovascular and All-Cause Mortality Events." A group of 2,315 middle-aged men from eastern Finland were followed for a median period of 20.7 years to assess the association between sauna bathing and risk of sudden cardiac death (SCD), fatal coronary heart disease (CHD), fatal cardiovascular disease (CVD), and all-cause mortality.



Frequency of Sauna Bathing:

- Participants who had 4-7 sauna bathing sessions per week had a 63% lower risk of SCD compared to those who had one session per week.
- Similar inverse associations were found for fatal CHD, CVD, and all-cause mortality.

Duration of Sauna Bathing:

- Participants who had sauna bathing sessions lasting more than 19 minutes had a 52% lower risk of SCD compared to those with sessions lasting less than 11 minutes.
- Similar inverse associations were found for fatal CHD and fatal CVD.

Subgroup Analyses:

- The associations between sauna bathing frequency/duration and the risk of SCD, fatal CHD, and fatal CVD were consistent across various individual-level characteristics including age, diabetes, hypertension, smoking, and cardiorespiratory fitness.

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NOT A TYPO



Golf Tip From Coach Natalie

Golf Tip #1:

Start Your Downswing with Your Hips
Nearly every downswing fault is due to starting it with the upper body rather than the hips.

When throwing a baseball, notice how the lower body starts the movement and the upper body follows.

It can be difficult to disassociate the upper body from the lower body. In that case, ask your coach to do some mobility sessions!



Client Appreciation Day!
 Saturday Aug. 5th,
10 a.m. - 3 p.m.
*Spartan Class, Games
 Food, Raffles, & More!*

ITS A FAMILY AFFAIR - JIMENEZ FAMILY



A family who trains together, gains health and happiness forever!

Collegiate Strength Program

College and NEFF athletes will have access to an **OPEN GYM** format **4:30p-5:30pm** on Mondays and Wednesdays to execute programs prescribed to them individually through a NEFF coach.

Training is focused on functional movement patterns and developing strength, power, speed, and agility while reducing injury risk.

The package includes 1:1 training sessions to learn movements which will then be executed independently.