

LOVE YOUR HEART: THREE WAYS TO BOOST CARDIOVASCULAR HEALTH

Provided by GYMGUYZ Main Line & Montgomery County

February is Heart Health Month, a great reminder to focus on habits that support a strong, healthy heart. The good news? Small, consistent choices can have a big impact — no extreme workouts or diets required.

Move Your Body Regularly

Cardiovascular exercise is one of the most effective ways to strengthen your heart. Activities like brisk walking, light jogging, cycling, or simple at-home circuits help improve circulation and endurance. The key is consistency — finding movement you enjoy and can stick with. Many people find that having a structured, guided workout at home makes staying active easier and more enjoyable.

Fuel Your Heart with Smart Nutrition

What you eat plays a major role in heart health. Focus on whole, nutrient-dense foods such as leafy greens, berries, nuts, lean proteins, and healthy fats. Reducing processed foods and excess sodium can also help support healthy blood pressure and cholesterol levels.



Small swaps in your daily meals can add up to meaningful results over time.

Manage Stress and Prioritize Recovery

Chronic stress can take a toll on your heart just as much as inactivity. Incorporating stretching, deep breathing, or mindfulness into your routine can help lower stress levels and improve overall well-being. Many fitness programs — including those offered by GYMGUYZ — blend movement with recovery-focused elements to support both physical and mental health.

This February, show your heart some love by staying active, eating well, and making time to slow down. A few simple, intentional changes can help set the foundation for long-term health.

15th Annual
women2women
the conference & expo

Wednesday, March 4

PLEX at Alvernia

greaterreading.org/expo26

Keynote Speakers

**CORY VARONA &
NICOL VARONA
CANCELMO**
Co-Founders, OCOA

GRCA ROUNDUP

GREATER READING CHAMBER ALLIANCE

GRCA

GREATER READING Chamber Alliance

• 606 Court Street, Reading, PA 19601
• 610.376.6766 • fax 610.376.4135
• info@greaterreading.org
• www.greaterreading.org

Our mission is to be Berks County's leading unified resource for building a healthy, competitive business community. Our vision is to assist companies to retain, expand and grow their operations and employment and attract new businesses to Berks County.

UPCOMING EVENTS

Advanced Excel

Feb. 2, 9, 16 & 23
8 a.m.– 10:30 a.m.

Shearer Technical Computer Consultants
727 Penn Ave., West Reading
\$400/person- GRCA Members;
\$495/person- Future GRCA Members
Register at Greaterreading.org/advancedexcel

Intermediate Excel

Feb. 3, 10, 17 & 24
8 a.m.– 10:30 a.m.

Shearer Technical Computer Consultants
727 Penn Ave., West Reading
\$400/person- GRCA Members;
\$495/person- Future GRCA Members
Register at Greaterreading.org/interexcel

Breakfast4Success – Powerhouses: Women in Engineering

Feb. 4

7:30 a.m.–9:30 a.m.

Reading Country Club
5311 Perkiomen Ave., Reading
\$50/person- GRCA Members;
\$60/person- Future GRCA Members
Register at Greaterreading.org/engineering

GRCA Trip Virtual Info Session – Beauty of Croatia & Dalmatian Coast 2026

Feb. 24, 10 and 17
5:30 p.m.–7 p.m.

Virtual / Online Event
Login Link to be shared week of event
Free
Register at Greaterreading.org/croatia

Intro to Excel

Feb. 11, 18, 25 & March 4
8 a.m.– 10:30 a.m.

Shearer Technical Computer Consultants
727 Penn Ave., West Reading
\$400/person- GRCA Members;
\$495/person- Future GRCA Members
Register at Greaterreading.org/introexcel

Berks Family Business Alliance

– Life, Death & Business: The Kuhn Family Story

Feb. 19
7:30 a.m.–9:30 a.m.

Edward J. Kuhn Funeral Home
739 Penn Ave., West Reading
\$35/person- GRCA Members;
\$50/person- Future GRCA Members
Register at Greaterreading.org/kuhn

Lead Worker Certificate Program*

Feb. 19, 26, March 5, 12, 19, 26,
April 2, 9, 16 & 23
9:30 a.m.–11:30 a.m.
Center for Business Excellence
49 Commerce Dr., Wyomissing
\$690/person- GRCA Members;
\$860/person- Future GRCA Members
Register at Greaterreading.org/leadworker2026

Essentials of Effective Leadership Part 2*

Feb. 25, March 4, 11, 18 & 25
8:30 a.m.–11:30 a.m.
Center for Business Excellence
49 Commerce Dr., Wyomissing
\$695/person- GRCA Members;
\$860/person- Future GRCA Members
Register at Greaterreading.org/leadership2

Networking@Night: Hollywood Casino Morgantown

Feb. 26
5:30 p.m.–7 p.m.
Hollywood Casino Morgantown
6021 Morgantown Road, Morgantown
GRCA Member-exclusive event
Register at Greaterreading.org/casino

*WEDnet eligible