

Hot Tubs for Sale Portland Gives Heart Tips

Sue Rogers February 14, 2015



Hot Tubs for Sale Portland, Swim Spas

Portland Oregon Hot Tub Dealer Publishes 3 Steps to a Healthier Heart. Oregon Hot Tub Offers Free Hot Tub Test Soaks to Local Portland Oregon Residents.

(Newswire.net -- February 14, 2015) Portland, OR -- Oregon Hot Tub, a 6-store Portland hot tub dealer and swim spa and sauna dealer publishes 3 Steps to a Healthier Heart.

“February has always been associated with affairs of the heart with love being the focus, but now it’s time to use this month to check on the physical affairs of the heart,” said Sue Rogers, CEO of Oregon Hot Tub. Here are 3 steps to a healthier heart that all people can do every day to make sure they live longer.

Keep an Eye on Blood Sugar – High blood sugar levels that lead to diabetes are dangerous for several reasons, but it may not be obvious that it can cause heart problems as well. In fact, heart disease is a leading cause of death for patients with diabetes according to the American Diabetes Association.

People with high blood sugar levels are more likely to have strokes or heart attacks. It isn’t difficult to keep track of blood sugar levels. A visit to the doctor will get people started with a full checkup and a fasting blood sugar test. If sugar levels are high, or in a danger zone, a physician can help people understand the best choices for controlling and keeping track of their blood sugar levels at home.

Exercise Every Day – Ideally, the American Heart Association suggests regular exercise at least 30 minutes per day. The type of exercise can vary, however. It doesn’t have to be a boring routine. Walking is an excellent form of aerobic exercise for the heart and changing the scenery is a great way to keep it fresh and exciting.

Walk around the city at lunch time, take a walk around the block after dinner, on rainy days walk in the mall and window shop as you go. Take a trip to the woods and walk on the paths of nature, find a local river and walk the paths to discover a different environment.

Kick Back and Relax in a Portland Hot Tub – It isn’t necessary to join an expensive club and travel through heavy traffic to get to a hot tub. It is easy to install a hot tub in the back yard or on a porch and have it available at all times whenever the opportunity arises to use it. Soaking in the regulated heat of a hot tub helps to release endorphins in the blood.

“To encourage local residents to check out the benefits of using a hot tub, swim spa or sauna to help improve their overall health and well-being, Oregon Hot Tub is offering free hot tub and swim spa test soaks for the entire month. We do recommend however that people wanting to schedule their free 30-minute wet test call us ahead of time to reserve their spot,” said Sue.

To learn more, pick up a copy of this free hot tub buyer’s guide “**5 Critical Questions You Must Ask Before You Invest in a Hot Tub or Spa**”. Just call 503-533-5603 or go to <http://www.oregonhottub.com/portland>

About Us

Oregon Hot Tub is Oregon’s largest and most established hot tub company—the #1 selling hot tub company in Portland since 1979. Only the most innovative and best-in-market products are featured at the company’s six convenient locations. Oregon Hot Tub carries the #1 selling portable hot tub in the world, Hot Spring® Spas. Hot Spring Spas are manufactured by Watkins Manufacturing Corporation, a division of Masco Corp (NYSE: MAS) a Fortune 500 company. <http://masco.com>

To learn more, pick up a copy of this free report “**5 Critical Questions You Must Ask Before You Invest in a Hot Tub or Spa**”. Just give us a call at 503-533-5603 or go to <http://www.oregonhottub.com/portland>

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