

# CARDSfit Fitness Month



## All That Fat!

All that fat is the body's major form of energy storage and our bodies can make fat. Many fats that people eat are really a combination of two different types of substances: saturated fatty acids and unsaturated fatty acids. Saturated fatty acids come from animal foods like meat, milk, cheese, and some oils that come from plants. Unsaturated fatty acids are different—they come from plants and fish. Together, these two substances are grouped and called the fat content in food. Fat insulates our bodies from the cold and provides some cushioning for our organs. Fat gives our bodies energy.

### Fitness Tip

Remember that your heart is a muscle. Just like you need to exercise your leg and arm muscles, you need to exercise your heart too. Aerobic exercise, like walking, running, and swimming, is a great way to keep your heart in shape.