

# February

## Fitness Matters

### Health Promotion for Faculty and Staff

12 Varsity Gym

(828)-262-6314

healthpromotion.appstate.edu



## American Heart Month

### GO RED IN FEBRUARY

American Heart Month motivates Americans to adopt healthy lifestyle and prevent heart disease. Research shows that we're more successful at meeting personal health goals when we join forces with others.

Join the #OurHearts Movement and get involved

### February Weekly Themes for American Heart Month:

- **Week 1 - Be Physically Active:** Have walking meetings. Start a walking club with your neighborhood. Join an exercise class.
- **Week 2 - Eat Healthier:** Share heart healthy recipes with friends. Go grocery shopping with your family for healthy ingredients. Make a heart healthy meal.
- **Week 3 - Track Your Heart Health Stats:** Keep a log of your blood pressure, healthy weight goals, and physical activity.
- **Week 4 - Manage Stress and Sleep Better:** Do a stress reducing activity in the evenings such as yoga or meditation to help your mind and body relax which will aid in better sleep and healthier hearts.

Information Credited to: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american-heart-month/about>

STAY CONNECTED THROUGH:

*google group & facebook*



## Important Dates

### HPFS Grand Reopening Event

Friday, February 7  
11:00 AM - 2:00 PM



### Blood Drive



Friday, February 14  
10:00 AM - 2:30 PM

### Blood Screenings

Wednesday, February 5  
Tuesday, March 3  
7:15 AM - 8:15 AM

