

FITNESS MATTERS

HEALTH PROMOTION FOR FACULTY & STAFF

530 RIVERS ST, 12 VARSITY GYM

(828)262-6314

HEALTHPROMOTION.APPSTATE.EDU

FEBRUARY 2017

UPCOMING EVENTS

- **Blood Drive**
February 10
10AM – 2PM
Linville Falls
Room/PSU
- **Blood Screening**
February 15
7:15 – 8:15 AM
- **CPR/First Aid**
February 24
8:00AM – Noon
12 Varsity Gym, room 6

Call 828-262-6314
for these events.

February is American Heart Month!

While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year!

The heart is one of the most vital organs in the human body. Here are 7 simple tips to keep your heart healthy:

- **Manage Blood Pressure!** High blood pressure is a major risk factor for heart disease and stroke.
- **Control Cholesterol!** High Cholesterol is one of the major risk factors leading to heart disease, heart attack and stroke. It contributes to plaque, which can clog arteries and lead to heart disease and stroke.
- **Reduce Blood Sugar!** Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.
- **Get Active!** Simply put, daily physical activity increases your length and quality of life.
- **Eat Better!** A heart healthy diet is one of your best weapons for fighting cardiovascular disease.
- **Lose Weight!** Shedding extra fat and weight can reduce the burden on your heart, lungs, blood vessels and also lower your blood pressure.
- **Stop Smoking!** Cigarette smokers have an increased risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

Information credited to: www.heart.org



Health Promotion for Faculty and Staff provides programs and services to help you maintain a healthy heart and lifestyle. Find out your health numbers and increase your physical activity by participating in Health Promotion for Faculty and Staff's preventative and physical fitness services. For more information on Health Promotion for Faculty and Staff, go to healthpromotion.appstate.edu