

Fitness Matters

February 2016

American Heart Month



Make *control* your goal!

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who may already have heart disease. Here are some ways to lower your risk:

- Watch your weight.
- Quit smoking if you do, and stay away from secondhand smoke.
- Monitor and control your cholesterol and blood pressure.
- If you drink alcohol, drink in moderation.
- Eat healthy.
- Make physical activity a regular part of your day.

Health Promotion is offering a six-week “Walk the Workplace” incentive program beginning on February 15. The program will measure steps taken each day by participants. Prizes will be given out to the top finishers! For more information e-mail Avery Pitts or Chelsea Farr at walktheworkplace@gmail.com.

Important Dates

- Feb. 5 Blood Drive**
- 10 am- 2:30 pm
 - Linville Falls Room
- Feb. 12 CPR/First-Aid Class**
- 8 am- 12 pm
 - 12 Varsity Gym, Room 6
- Feb. 17 Blood Screening**
- 7:15am- 8:15 am

Call (828)-262-6314 to schedule an appointment for these events.



“Exercise should be regarded as tribute to the heart.” –
Gene Tunney