



February



American Heart Month

There are several ways to care for your heart. One important way to care for your heart, besides physical activity and diet, is through stress management. Long-term stress can cause a number of physiological things to happen that may increase risk for developing heart disease. Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits from the American Heart Association you may want to develop:

1. **Talk with family and friends.** A daily dose of friendship is great medicine. Call or write your friends and family to share your feelings, hopes and joys.
2. **Engage in daily physical activity.** Regular physical activity relieves mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.
3. **Accept the things you cannot change.** Don't say, "I'm too old." You can still learn new things, work toward a goal, love and help others.
4. **Remember to laugh.** Laughter makes you feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when you're alone.
5. **Give up the bad habits.** Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, decide to quit now.
6. **Slow down.** Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done. Also remember that you may have enough *time*, but not enough *energy* to do things. It is O.K. to say "no."
7. **Get enough sleep.** Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep.
8. **Get organized.** Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.
9. **Practice giving back.** Volunteer your time or return a favor to a friend. Helping others helps you.
10. **Try not to worry.** The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but today might not be the right time.

Remember, there will always be stressful things in life, but learning how to manage your stress efficiently can help you be healthier, as well as happier.

Fight The Cold

Subzero temperatures have been a common theme of January and that can make it dangerous to even leave the house! If you're trapped inside try this work out circuit to get a good workout in.

Repeat 3-5 times with at least 1 minute rest in between sets.

- 30 Jumping Jacks
- 5 Push-ups
- 25 high knees
- 7 Burpees
- 10 Crunches
- 7 Squats
- 5 Push-ups
- 10 Crunches
- 5 Push-ups
- 7 Squats
- 30 Jumping Jacks
- 1 Minute wall sit
- 5 Push-ups
- 25 High Knee

From the Office:

February brings us Go Red for Women Day, Cholesterol Screening and APFP Olympics!!!

February 7th is Go Red For Women Day to bring increased awareness about women and heart disease. According to the American Heart Association, heart disease is the number one cause of death for women in the United States, claiming more lives than all forms of cancer combined. Please join us in celebrating Go Red For Women Day on Friday February 7th by wearing red that day! We will also provide some Women and Heart Disease information.

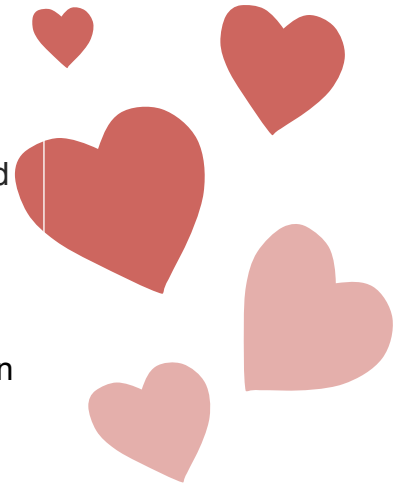
Thursday February 20th is the Spring Cholesterol Screening held in the HPL lobby from 6-8AM.

In honor of the Olympics being held this month in Sochi, Russia, we will have a spin off of our own APFP Olympics from February 7-23rd. Please see an exercise leader to sign up for the APFP Olympics between February 1 and the 7th. We will start the competitions on Saturday the 8th and they will continue through Saturday the 22nd. We have already posted the competitions on the bulletin board next to the desk where you check in and the bulletin board as you walk into the APFP has some literature on some of the events in the Sochi Olympics.

It has been brought to our attention that at times, all 12 APFP marked spots in the parking lot are filled. If this is the case when you come in to exercise, BSU parking services has informed us that it is okay to have you park anywhere in the R4 lot. Just be sure you still hang your parking tag as usual.

Thank you!

We are looking forward to a great month in the Fitness Center.



Happy Birthday!

- ♥ Adrienne J 2/3
- ♥ Marti H 2/3
- ♥ Jack H 2/4
- ♥ Sherry B 2/7
- ♥ Sally B 2/9
- ♥ Marcia P 2/14
- ♥ Chrysostomos 2/18
- ♥ Gary P 2/28

