Heart-to-Heart

National Wear Red Day® is Friday February 3, 2017 in honor of awareness for heart disease and stroke, especially for women. Heart disease is the leading cause of death for both men and women.

February is also American Heart Month. This year’s focus is recognizing that Change Starts with a Heart-to-Heart.

The CDC reports that nearly half of Americans have at least one risk factor for heart disease such as high blood pressure, obesity, unhealthy diet, or physical inactivity. The good news is that making lifestyle changes can help people lower their risk for heart disease. Consider having a heart-to-heart talk with your loved ones about heart disease prevention and heart healthy behavior changes.

- **Find time to talk.** Have a heart-to-heart about improving heart health as a family.
- **Encourage healthy eating habits.** Even small changes can make a big difference. Suggest healthier versions of your family recipes.
- **Promote physical activity.** Encourage family members to aim for at least 150 minutes of physical activity each week. Join them for a walk or challenge the whole family to a friendly fitness challenge.
- **Check in on healthcare.** Remind family members to get their blood pressure and cholesterol levels check regularly by their primary care doctor.

Follow Million Hearts® on Facebook for more Heart-to-heart messages.

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Looking for More Movement in Your Day?

Check Out this New Class — Movement Foundations

If you are looking for a lunch break workout and are crunched for time - this class is for you! **This a faculty/staff only REC Fit class.**

There is no need to change into "workout clothes". This is a low impact, learning based class. You will learn how to build healthy and sustainable exercise habits. This includes quality movement patterns that will improve your quality of life and help you live pain free.

The class meets on Tuesdays/Thursdays in RC 212 at 11:10am—11:50am. You will need a REC Fit Pass. Contact Recreation Services at 285—2753 for more info.
Working Well - Gold Level Fit-Friendly Worksite

In November 2016, Ball State University Working Well program was recognized as a Gold Level Recipient of the American Heart Association’s Fit-Friendly Worksites Recognition program for the 5th consecutive year!

The Fit-Friendly Worksites Program is a catalyst for positive change. “We are extremely honored and excited to be recognized,” said Rhonda Wilson, Director of Working Well. “Physical activity and employee wellness are very important priorities here at Ball State and we encourage all of our employees to get engaged in making healthy lifestyle choices at work and in their community.

For more information about Working Well and how you can get engaged, stop by our office in the Heath Center Rm 004 or check out our Working Well website.

Get Your Walk On!

Dr. Lenny Kaminsky, Director of the Fisher Institute of Health and Well-Being in the College of Health is the chair of the East Central Indiana Heart and Stroke Walk for 2017. He is working with several people across campus to form teams to walk in the event and/or seek sponsors for walkers. This event is the key local fundraising activity for the American Heart Association. The American Heart Association provides many resources to our community to promote cardiovascular health and well-being.

The event will be held on Saturday, April 29, 2017. Check-in time is 8:00 a.m. with the walk beginning at 9:30. The location of the Walk is Morrow’s Meadow Park in Yorktown. For more information visit their website at www.heartwalk.org and search for 2017 East Central Indiana Heart Walk.

Please contact Debbie Sheller at dsheller@bsu.edu if you are interested in becoming a team captain.

Working Well Leaderboard

Do you have a Fitbit?


Ball State University Working Well Fitbit Community Group—January

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<th>Name</th>
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<td>Mike K.</td>
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<td>Niki M.</td>
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<td>Sue</td>
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<td>Peggy D.</td>
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What’s Happening This Month?

National Wear Red Day
Date: Friday, Feb 3
Where: Everywhere!
What: American Heart Association encourages everyone across the country to wear red on Friday, Feb 3 to bring awareness to heart disease and stroke, specially for women.

Health Check @ The Retreat
Date: Tuesday, Feb 14 @ 11:30am—1pm
Where: The Retreat @ Noyer
What: Free blood pressure and body composition checks available. Grab a new recipe and enjoy a free sample of food!

Seated Chair Massage
Date: Wednesday, Feb 15 @ 11am—2pm
Where: Bracken Library (BL 304)
What: Seated chair massage with massage therapist. $10 per 10 minutes. Contact Working Well to schedule an appointment.

Lunch and Learn: Heart Healthy Eating
Date: Thursday, Feb 16 @ 12:30pm
Where: Student Center (SC) 306
What: February is National Heart Month, a great time to commit to a heart-healthy lifestyle. What foods should I eat to protect my heart? How can I improve my cholesterol or blood pressure? Are there certain foods to avoid? Learn practical tips for eating to reduce your risk for heart disease. Contact Working Well to register.

Lunch and Learn: Staying Active in Cold Weather
Date: Thursday, Feb 23 @ Noon—12:30pm
Where: Fisher Institute of Health and Wellbeing, HP Room 303
What: Feeling sluggish or unmotivated to keep moving during the cold, dark months of winter? Join us for a 30 minute interactive presentation that will provide tips and suggestions for keeping active, even in the cold weather months. Contact Working Well to register.

Be sure to check the Working Well website for a complete list of events and activities.