

Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- American Heart Month
- Stair Climbing Challenge
- Spread Love, Not STIs
- Kickboxing and more!

American Heart Month

February is devoted to American Heart Month as anyone can be at risk for heart disease. More and more, our sedentary lifestyles are putting us at risk at a younger age. Obesity, high blood pressure, and smoking all increase our risk factors.

Each one of those we can take action to lower our risk. Get moving. Remove stress. Quit smoking. Eat healthier.

Even small changes help make a difference. Reduce the amount of fast food. Eat more greens. Take the stairs. Walk the kids to school. Go outside and play with the kids or walk the dog.

Talk to your physician about your risk factors. Walking is one of the healthiest and safest activities we can do for ourselves. For more information, visit www.heart.org or www.cdc.gov.

Review these signs for heart disease risk:

- **High blood pressure.** Millions of people in the United States have high blood pressure, and millions of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it. HBP is anything over 130/80.

- **High cholesterol, diabetes, and obesity** are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity a few times a week.
- **Smoking cigarettes.** Over 35 million adults in America are smokers, and thousands of young people pick up the habit daily. If you're a smoker, do your best to quit or cut down. It's what's best for your health.

Heart disease is the number one cause of death for Americans. Take care of your heart. It's the only one you have.

Stair Climbing for Heart Health

In a recent study by Tulane University, walking five flights of stairs daily can significantly lower the risk of heart disease by 20%.

Climb a flight of stairs during the month of February and put a hash mark by your name on the poster board near the top of each stairwell. Top climbers will receive prizes. For those who can't climb stairs, you may get a hash mark for every lap you walk on the first floor or by using an arm bike or NuStep for 5 minutes in the fitness center.

Did You Know? Sitting is the new smoking in the workplace, and it may be slowly draining your health while you make ends meet. According to the CDC, one in four American adults sits for longer than eight hours every day. It's time to get moving!

STAIR CLIMBING FOR A HEALTHY HEART

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Click Here

Valentine Decathlon
Complete 10 Valentine-themed exercises!

Warm Up—Choose One
2.14 Miles of Daydreaming – Walking
14 Desirable Minutes – Bike
14 Moonstruck Minutes – Any form of cardio

- 2 x 14 Huggable Flies
- 2 x 14 Loving Squat Bicep
- 2 x 14 Star Jumps
- 2 x 14 Cupid's Shooting Arrow
- 2 x 14 Precious Lunges w/ Raise
- 2 x 14 Adoring Rows
- 2 x 14 Half-Hearted Bridges
- 2 x 14 Love Handle Crunches
- 2 x 14 Fly Like Cupid

Shoot for at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, spread throughout the week. Click here for a schedule to help you achieve this goal: [February Cardio Calendar](#)

RELAXATION LOUNGE FITNESS CENTER RM 142B

Need a space to take a break and relax?

OUR RELAXATION LOUNGE FEATURES

- A quiet, relaxing atmosphere where you can de-stress
- Reclining Massage Chair
- Foot massager
- Heated Massage Pillow
- Weighted Blanket
- Relaxation DVDs & CDs
- Wellness Resource Library
- Creativity Tools
- Mini Zen Garden
- Light Therapy
- Blood Pressure Monitor
- Yoga Mats, Props, and Resources
- And much more to aid you in creating peace

OPEN FOR USE DURING STAFFED FITNESS CENTER HOURS

Sign Up Now!



LEARN KICKBOXING

with Damien Burge

WEDNESDAY, FEBRUARY 28
12:30 - 1:15
IVY TECH KOCH STUDENT CENTER

Reserve your spot:
alutzel@ivytech.edu
or 812-429-0582



Spread Love

NOT
STI'S

Wednesday, February 14
11:00 - 1:00

Ivy Tech Koch Student Center

Learn about safe sex and sexually transmitted infections so you and your loved ones can stay safe.



Welborn Foundation
Wellness & Fitness Center



Love Always Wins

HEART-HEALTHY SNACKING

- **Munchies that Crunch:** Apples, carrots, zucchini, broccoli, popcorn, rice cakes, nuts
- **Rethink Your Drink:** Try water or sparkling water, fat-free milk or soy milk, unsweetened tea or coffee, 100% fruit juice (in moderation), low sodium tomato juice
- **Snacks that Satisfy:** Whole-grain toast with peanut, almond or sunflower seed butter, cherry tomatoes with hummus, plain low-fat or fat-free yogurt (paired with fruit), fruit and veggie smoothie, whole grain crackers with canned tuna or salmon
- **Snacks to Curb Your Sweet Tooth:** Canned fruit in natural juice, thin slice of angel food cake or homemade banana-nut bread, baked apple, raisins, dates, figs, or other dried fruit, frozen banana dipped in nut butter, fresh fruit salad (add a little Cool Whip on top if you wish!)

Be Heart Smart



FOR MORE INFO VISIT:

February Wellness Calendar

Valentine Decathlon Video

Valentine-Themed Dance

Workout



Welborn Foundation
Wellness & Fitness Center