

FEBRUARY



***RFW:** Refer a friend to weight training, get double RFW points

BP CHECK: Pop up Blood pressure checks open to all faculty and staff. Attend weekly and be entered to win a FREE Blood Pressure Monitor

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<p>5</p> <p>RFW Reminder</p> <p>Input your steps or exercise times in your <u>USHC PORTAL</u></p>	<p>6</p> <p>BP CHECK</p> <p>HHP LAB 10:00 - 12:00</p> <p>Take a 10 minute walk during lunch!</p>	<p>7</p> <p>*RFW Weight Training,</p> <p>12:15 - 12:45</p> <p>*RFW</p> <p>"refer a friend"</p>	<p>1</p> <p>WELLNESS WEDNESDAY</p> <p><u>"Know your risk for Heart Disease"</u></p> <p>12:00 - 12:30</p>	<p>2</p> <p>*RFW Weight Training,</p> <p>12:15 - 12:45</p> <p>*RFW</p> <p>"refer a friend"</p>	<p>3</p> <p>BP CHECK</p> <p>HHP LAB 10:00- 12:00</p> <p>National Wear Red Day!</p>	<p>4</p> <p>Try a heart healthy recipe for your lunch or dinner!</p>
<p>12</p> <p>RFW Reminder</p> <p>Schedule your <u>Annual Preventative Care Appointment</u> this week!</p>	<p>13</p> <p>BP CHECK</p> <p>HHP LAB 10:00 - 12:00</p> <p>Take the stairs instead of the elevator today!</p>	<p>14</p> <p>*RFW Weight Training,</p> <p>12:15 - 12:45</p> <p>*RFW</p> <p>"refer a friend"</p>	<p>8</p> <p>WELLNESS WEDNESDAY</p> <p><u>"Mindful Eating,"</u></p> <p>12:00 - 1:00</p>	<p>9</p> <p>*RFW Weight Training,</p> <p>12:15 - 12:45</p> <p>*RFW</p> <p>"refer a friend"</p>	<p>10</p> <p>BP CHECK</p> <p>HHP LAB 10:00 - 12:00</p> <p>VALENTINE'S DAY CARD DRIVE</p> <p>GUC Atrium 11:00 - 1:00</p>	<p>11</p> <p>BAD KITTY TRAIL 10K & 5K</p> <p>Sign up & validate attendance for 50 points!</p>
<p>19</p> <p>RFW Reminder</p> <p>Consider joining the <u>Walking Club</u> this week. Check RFW Website for more details.</p>	<p>20</p> <p>BP CHECK</p> <p>HHP LAB 10:00 - 12:00</p> <p>Pack your lunch to save money & spring for a healthier option!</p>	<p>21</p> <p>HEALTHY HEART WALK</p> <p>12:00 - 1:00</p>	<p>15</p> <p>WELLNESS WEDNESDAY</p> <p><u>"Valentine's Cooking Demonstration"</u></p> <p>12:00 - 1:00</p>	<p>16</p> <p>*RFW Weight Training,</p> <p>12:15 - 12:45</p> <p>*RFW</p> <p>"refer a friend"</p>	<p>17</p> <p>BP CHECK</p> <p>HHP LAB 10:00 - 12:00</p> <p>Increase your water intake! Set small goals to achieve this!</p>	<p>18</p> <p>Minimize foods with added sugars and saturated fats</p>
<p>26</p> <p>RFW Reminder</p> <p>Log your self care activities in your <u>USHC PORTAL</u></p>	<p>27</p> <p>BP CHECK</p> <p>HHP LAB 10:00 - 12:00</p> <p>Limit sugary beverages and drink water instead!</p>	<p>28</p> <p>*RFW Weight Training,</p> <p>12:15 - 12:45</p> <p>Healthy Heart Walk</p> <p>Rain Date</p> <p>12:00 - 1:00</p>	<p>22</p> <p>WELLNESS WEDNESDAY</p> <p><u>"Exercise Snacks"</u></p> <p>12:00 - 1:00</p>	<p>23</p> <p>*RFW Weight Training,</p> <p>12:15 - 12:45</p> <p>*RFW</p> <p>"refer a friend" & PLANK CONTEST</p>	<p>24</p> <p>BP CHECK</p> <p>HHP LAB 10:00 - 12:00</p> <p>Try an "Exercise Snack" today!</p>	<p>25</p> <p>Park farther away at the store and get those steps in!</p>

