February is American Heart Month. It is used to raise awareness about heart disease and how people can prevent it at home and in the community. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are a result of heart disease. While Americans of all backgrounds can be at risk for heart disease, African American males, especially those who live in the southeastern region of the US, are at a higher risk. Luckily, heart disease can be prevented when people make healthy choices and manage their health correctly.
Benefits of Walking
(at least 30 minutes a day)

Although it seems simple, brisk walking is a great cardiovascular exercise! It’s good for your heart and your figure too! You can set a time every day to go walking, or choose walking over driving if the distance permits. Make sure you have on comfortable shoes and water to stay hydrated. Here are some benefits of walking:

- Prevent or manage various health conditions include heart disease, high blood pressure, type 2 diabetes, and breast cancer
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance, coordination, and posture
- Help relieve joint pain
- Help with thinking and creativity
- Boost immune system and metabolism
- Increase stamina

Windshield Wipers
Muscles worked: abs, obliques

- Lay down on your back with your knees bent and raise them towards your chest
- Put your arms out to the sides for support
- Turn your knees to the right side without letting them touch the floor, keeping your upper back on the floor. Then turn your knees to the left side
- Do 8-10 reps
- If you want more challenge, straighten your legs

Club Africa Zumba
GLOW Party
FRIDAY, FEBRUARY 17
7PM-8:30PM

“Wear white and get ready to GLOW with some African Heat!” This fun event is open to the public.
Cost: $12
Purchase Tickets on Eventbrite.com

5708 Northampton Blvd.
VA Beach, VA 23455

Vegetable of the Month

Okra is one of the oldest vegetables. It is rich in fiber, vitamins A, B, C, and K, calcium, iron, folate, magnesium, phosphorus, potassium, and pectin. It can help stabilize high blood sugar levels by slowing the absorption from the intestines. It can help balance the pH, maintain a health digestive tract, lower cholesterol levels, improve vision and skin health, and more.

Heart Healthy Tips

- Aim for 7 hours of sleep each night
- Get your blood pressure checked
  - Every 3-5 years for ages 18-39
  - Every year for age 40+ or those with high blood pressure
- Cut back on salt and limit alcohol
- Eat more fruits, vegetables, lean protein, and whole grains
- Drink more water and less sugary beverages
- Manage stress in a healthy way
- Exercise
- Quit smoking and avoid secondhand smoke
- Practice good dental hygiene, especially flossing daily

Exercise of the Month

"WEAR WHITE AND GET READY TO GLOW WITH SOME AFRICAN HEAT!" THIS FUN EVENT IS OPEN TO THE PUBLIC.
COST: $12
PURCHASE TICKETS ON EVENTBRITE.COM
5708 NORTHAMPTON BLVD.
VA BEACH, VA 23455

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**Recipe of the Month**

**Skillet-Roasted Okra and Shrimp**

**Ingredients:**
- ½ pound fresh okra, halved lengthwise
- 3 tbsp. olive oil, divided
- 1 pt. grape tomatoes
- 1 pound peeled shrimp, deveined
- ½ teaspoon dried crushed red pepper
- 3 garlic cloves, minced
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley

**Directions:**
Sauté okra in 1 tbsp. hot olive oil in a large cast-iron skillet over medium-high heat 4 to 5 minutes or until lightly browned. Transfer okra to a large bowl. Add tomatoes and 1 tbsp. oil to skillet; sauté 3 minutes or until skins begin to burst. Transfer tomatoes to bowl with okra. Add shrimp and remaining tbsp. of oil to skillet; sprinkle shrimp with red pepper. Sauté 2 to 3 minutes or just until shrimp turn pink. Add garlic; sauté 30 seconds. Stir in okra mixture, sauté 1 to 2 minutes or until hot. Stir in salt, pepper, and parsley. Enjoy!

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**Love Your Body Week**
Feb 13-17

- Body Love Yoga, 2/14 & 2/16, 6:30p-7:30p, Studio C (SRC)
- Body Meditation, 2/14 & 2/16, 7:30p-8:00p, Studio C (SRC)
- Go Natural Day, 2/15, 11:00a-2:00p, North Mall (Webb)
- Body & Mind Fitness: ZUMBA, 2/15, 12:15p-1:15p, Studio A (SRC)
- Body & Mind Fitness: Cycle, 2/15, 4:00p-5:00p (SRC)
- Body & Mind Fitness: Turbo Kick, 2/17, 4:00p-5:00p (SRC)
- Time Flies: An immersive Performance Installation by Jenifer Alonzo, 2/15-2/18, 7:30p (Goode Theatre), Cost $15
- Love Your Body Affirmation Wall, 2/13-2/28, Cycle Studio (SRC)
- Love Your Body Affirmation Wall, 2/13-2/17, Studio C (SRC)

**Raffle:** Join the SRC during Love Your Body Week and enter into win a FREE 60 minute Massage or Personal Training Session!

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**Don't Sit Get Fit**

- Please consult your doctor before starting this or any other exercise activities.
- **Hulbert's 10-minute workout:** Do as many reps as you can while still maintaining good form.
  - **Round 1:** Perform each exercise for 1 minute; take a 30-second rest between each move.
  - **Round 2:** Perform each move for 45 seconds; take 15-second rests.
  - **Round 3:** Perform each move for 30 seconds; take 10-second rests.
  - **Round 4:** Finally, perform each move for 15 seconds with 5-second breaks.

- **Side Leg Raise:**
  - Works: core, glutes, tensor fasciae latae, outer thigh
- **Triceps Swing:**
  - Works: Triceps
- **Russian Twist:**
  - Works: Core
- **Frog Leaps:**
  - Works: full-body!

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**National Wear Red Day**
Feb 3, 2017

National Wear Red Day is observed on the first Friday of February every year. Red is worn to raise awareness for Heart Disease and show support.

Take pictures wearing red and hashtag #GoRed on your social media profiles. You can also donate to help raise funds for awareness and research.
# February Employee Wellness Events

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**Love Your Body Week @ the SRC**

- **February 19**
  - Wellness Institute Employee Fitness 11:45a-1:15p
- **February 20**
  - Wellness Institute Employee Fitness 11:45a-1:15p
- **February 21**
  - Time Flies: Performance Installation 7:30p, Goode Theater, $15
- **February 22**
  - Time Flies: Performance Installation 7:30p, Goode Theater, $15
- **February 23**
  - Time Flies: Performance Installation 7:30p, Goode Theater, $15
- **February 24**
  - Time Flies: Performance Installation 7:30p, Goode Theater, $15
- **February 25**
  - Time Flies: Performance Installation 7:30p, Goode Theater, $15

For more information on Employee Wellness Programming and Events contact: Tamara Morgan at tmorgan@odu.edu