In This Issue
- Love Your Heart and Your Health
- Know the Signs of a Heart Attack
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Encouragement of the Week
“Quality is not an act. It is a habit.” – Aristotle

Photo Contests
Send submissions to Cindy Davis

Roving with Rover
Due Feb. 16
Have a pet? Take a picture of you and your four-legged friend on a walk.

World Compliment Day
Due Feb. 23
World Compliment day is approaching. Send us your compliments about fellow walkers. Submissions can be sent as words of praise, or written on a card and photographed.

Log Your Miles
Remember! Log your miles at least once a week.

Connect
Cindy Davis, MPH, RDN
Nutrition/Fitness Coach
UA Life & Work Connections
(520) 621-4601

LOVE YOUR HEART AND YOUR HEALTH
Move it or lose it. The human form is built to move. Exercise is reported to be better than medicine. Sitting has been called the “new smoking” and like this habit, we should give it up. Is it enough to stand? No, we need to move. Exercising may keep diseases at bay. It helps us sleep, makes blood pressure steady, promotes a stable weight, along with reducing anxiety and depression. The more active you are, the better off you will be. Whatever exercise you enjoy is the one you should do. We don’t have to be members of a gym, or participate in a triathlon, to reap the benefits of exercise. According to this Guardian article, “Every vigorous minute is the equivalent of two moderately active minutes.”

To maintain bone health, schedule time for weight bearing exercises, or weight lifting. If you don’t have access to weights, use everyday objects and your body weight for resistance. Life & Work Connections offers a resistance bands class every Wednesday at noon.

KNOW THE SIGNS OF A HEART ATTACK
February is American Heart month. Do you know the most common symptoms of a heart attack? According to the National Heart, Lung and Blood Institute, symptoms include: chest pain, upper body discomfort and shortness of breath. Women are likely to experience other symptoms such as nausea and vomiting, shortness of breath, unusual tiredness (which may last for days) and pain in the back, shoulders and jaw.

Lifestyle changes can promote a healthy heart and reduce the likelihood of a heart attack. Walk Across Arizona participants are encouraged to increase physical activity, the consumption of fruits and vegetables, and foster a sense of community. These goals align with recommendations for heart health. Other desired changes in the program include quitting smoking, managing stress and weight. Life & Work Connections has resources to help achieve your lifestyle goals.
CHECK THIS OUT
Congratulations to the winners of the Wear Your Heart on Your Sleeve photo contest! Featured teams are wearing red in support of American Heart Month.

First Place: College of Nursing Fun Force

Second Place: Holy Walkomolies - Christine and Walking on Broadway.

Third Place: Joggernauts

JOIN US

Feb. 21: Walks With Campus Leaders
Walk with Terry Hunt
Dean, Honors College Professor, Anthropology
Meet in front of the Slonaker House, 1027 E. 2nd St.
Noon - 12:30 p.m.

March 13: Walks With Campus Leaders
Walk with Brian Seastone,
Chief, University of Arizona Police
Meet in front 2nd & Warren/the gates of the softball stadium
Noon - 12:30 p.m.