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SWOSU BULLDOG WELLNESS

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SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

February 2023



I ❤️ MYSELF

February is the month for love and celebrating Valentine's, but it is also American Heart month. While heart disease can be deadly, there are steps you can take to reduce your risk.

According to the Mayo Clinic, here are some ways to keep your heart healthy:



1. DON'T SMOKE OR USE TOBACCO – Smoking and exposure to second-hand smoke increase heart disease, but your risk immediately decreases on the first day of quitting.

2. GET MOVING: Aim for at least 30 or 60 minutes of activity daily – Routine exercise lowers your risk. Make it a routine, even if only for a few minutes daily.

Contact Susan Ellis at susan.ellis@swosu.edu to sign up with your own SWOSU Personal Trainer!

3. EAT A HEART-HEALTHY DIET – This can reduce risk of diabetes, high cholesterol, and high blood pressure. Include fruits, veggies, lean meats and fish, beans and legumes, whole grains, and healthy fats.

4. MAINTAIN A HEALTHY WEIGHT – An overweight body increases heart disease. Maintain a BMI (body mass index) of 24 or below and a waist circumference of 40 inches for men and 35 inches for women.

5. GET GOOD QUALITY SLEEP – Aim for 7 hours of sleep. Make a schedule and make it a priority.

6. MANAGE STRESS – Find healthy ways to manage stress. Don't overeat, drink, or smoke. Do exercise, relax, and meditate.

7. GET REGULAR HEALTH SCREENINGS – Check your blood pressure, cholesterol level, and get checked for diabetes.

Remember, you only have one heart, take loving care of it!