



Midland College Fitness Center

February 2017 -Winter Edition – Newsletter



Heart Health Month!



February is American Heart Month!

7 Steps to a Healthier Heart

Healthy Diet: Get plenty of fruits, vegetables, and whole grains. Eat lean meats like fish and chicken. Be sure to limit things such as sodium, added sugars and saturated fat.

Get: Active: there are numerous benefits to exercise, including strengthening the heart and lower level cardiovascular activities per week.

Watch Your Blood Sugar: Cut back on foods with a lot of added sugar. Drink water instead of juices and soft drinks. Try not to eat candy, breakfast pastries, and desert in excess. Enjoy these things in moderation.

Watch your Cholesterol: Moderate, again is key. Limit foods high in LDL's (bad cholesterol), and enjoy high fiber snacks more often.

Maintain a Healthy Weight: Excess adipose tissue around the chest can increase risk for heart disease. Keeping a healthy amount of body fat will eliminate this risk. Aim to maintain a BMI less than 25.

Monitor Blood Pressure: Average "normal" blood pressure is 120/80. Make sure your number do not drastically exceed this.

Free Blood Pressure Screening

Wednesday, February 15, 2017

2:00 pm – 3:30 pm

Wear Red Fridays, to show your support for Heart Health.

Heart Health Challenge

Starting February 6th – 27th

Come by the Fitness Center and pick your heart health challenge for the month do it in honor of someone.

Fitness Center Hours:

5:30am-8:30 pm Mon-Thur

5:30am -6pm Friday

Come by and enjoy the Fitness Center.

Don't know where to start, we can help with that.

February Classes

Nooners Fitness Class

Monday & Wednesday 12:00- 1:00

and

Tuesday & Thursday 12:00 -1:00

Look for more info later this month.

UNO Fitness

Friday, February, 17th @

12:00pm- 1:00 pm