

# EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

VOL. 1, ISSUE 5

## February 2018 Newsletter



### Heart Month-Facts About Heart Disease

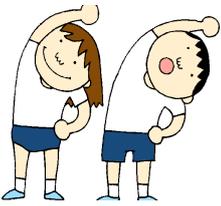


February is National Heart Month. Heart disease is the leading cause of death for both men and women in the United States. It claims around 1 million lives annually. The most common type of heart disease in the US is coronary artery disease, which affects the blood flow to the heart. Decrease blood flow can cause a heart attack. However, it is also one of the most preventable.

### Tips on preventing heart disease

- Make heart-healthy choices. Get plenty of sleep, exercise, and eat nutritional foods.
- Know your family health history and the risk factors for heart disease.
- have regular check-ups with your physician. Health screenings for weight, blood pressure, cholesterol levels, and diabetes screening can help prevent heart disease.
- Do not smoke or use tobacco.
- Manage your stress.

### Shake & Stretch



Dr. Soon-Mi Choi, Assistant Professor for Athletic Training and Exercise Physiology will lead us through a good stretch on **February 15 at 3:00pm in the Wellness Center.**

Stretching is an essential part of your health journey. She will teach us the importance of stretching and stretches we can do in our daily routine.

After the stretching, we will have healthy snacks and shakes for you to try. We want to give healthy options for you to implement into your lifestyles.

If you have any questions, please contact Angie Reay at [angie.reay@mwsu.edu](mailto:angie.reay@mwsu.edu) or 940-397-4466.

### Blue Cross Blue Shield Presentations



Save the date to learn more about the Employee Wellness Program and what your Blue Cross Blue Shield insurance can do for you. We will have representatives from Blue Cross Blue Shield to teach you about health and wellness incentives and Blue Access for Members. There is a lot that is offered to help you achieve your goals and stay healthy.

**Wednesday-February 21 at 10:00am and 2:00pm in Dillard 189.**



With cold and flu season in full swing, please take the steps needed to fight off being sick. Take steps to take care of yourself this season.

- Eat a healthy, balanced diet. Getting proper nutrition will help you fight off getting sick. Blueberries, yogurt, sweet potatoes, and salmon are some good food to incorporate into your routine.
  - Stay hydrated. Make sure you are getting at least 64 ounces of water a day.
  - Wash your hands! Every time you shake someone's hand, wash.
- Get plenty of rest. Most only get around 6 hours of sleep a night. Aim for 7-8 hours of sleep a night. Sleep has so many benefits, but can especially help during cold and flu season.
  - If you are sick, stay home! If you know you're sick, please try to stay home so others do not get sick. This will help the flu or cold from spreading around campus.

**Vinson Health Center**  
**Happy Valentine's Day**  
**& National Condom Month!**

**STI Testing**  
**Wednesday, February 7th & 14th**

Call 940-397-4231 to schedule an appointment

**Love yourself.**  
**Get tested.**

You could win \$25 MSU Bookstore Gift Card

Be Mine. Be Safe. Only \$39