### Goal for the month:
In honor of Heart Health Month, make it your mission to incorporate more physical activity throughout your work day. This doesn’t mean you need to break a sweat instead it can simply involve you taking the stairs or walking down the hall to talk to a co-worker. In addition, you can try segmenting your time into two or three 10-minute bouts of exercise. For more ideas to be physically active at work, visit: [http://www.udel.edu/004497](http://www.udel.edu/004497)

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<td><em>Believe you can and you’re halfway there</em></td>
<td><em>Heart Health Event</em> &lt;br&gt;4-7 p.m. in Gym 1 &lt;br&gt;Little Bob</td>
<td><em>Career Fair for Students &amp; Alumni</em> &lt;br&gt;Carpenter Sports Building Gym &lt;br&gt;3-6:30 p.m</td>
<td><em>Women’s Basketball vs. James Madison</em> &lt;br&gt;7 p.m. • BCC &lt;br&gt;<em>Yoga and Women’s Health Awareness</em> &lt;br&gt;6:10-6:40 p.m. • BCC</td>
<td><em>Workshop: Way Beyond Sleep Hygiene</em> &lt;br&gt;12-1 p.m., Trabant 209/211 &lt;br&gt;<em>Nutritious Newark Cook-off</em> &lt;br&gt;4-6 p.m., STAR Campus &lt;br&gt;<em>Student Event Speaker: Lisa Rizzo</em> &lt;br&gt;6 p.m. • Smith Hall</td>
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<td><em>Stay committed to your decisions, but flexible in your approach.</em></td>
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*Please see details page for more information and to register for the events.*
February is American Heart Month. Heart disease is the leading cause of death for both men and women in the United States. In fact 1 in 4 deaths are caused by heart disease. Heart disease is caused by a process relating to atherosclerosis, meaning the buildup of plaque in your arteries. This buildup causes conditions such as heart attacks or strokes to occur. The good news is that heart disease is preventable by making healthy choices and managing your health conditions. For more information on ways you can change your lifestyle for better heart health visit: http://www.heart.org/HEARTORG/HealthyLiving/How-to-Help-Prevent-Heart-Disease--http://www.udel.edu/004531.

PROGRAMS AND WORKSHOPS

**Thursday, Feb. 13, 4-7 p.m.**

**Heart Health Event**

Carpenter Sports Building

Pump Up Your Heart! The Heart Health Event, hosted by the UD Campus Wellbeing Collaborative is an interactive event hosted in Gym 1 from 4-7 p.m. FREE Group Fitness class, nutrition demonstrations, massages, food and more will be available! Looking to increase your well-being this spring? Start by attending this event!

**Friday, Feb. 16, 7 p.m.**

**Women’s Basketball vs. James Madison**

BCC

Yoga and Women's Health Awareness Night--UD members get access to a pre-game, family friendly yoga session from 6:10-6:40 p.m. with their ticket purchase by using promo code YOGA at https://oss.ticketmaster.com/aps/udelaware/EN/promotion/home. Participants will also get to take part in the high five tunnel at the start of the game! A variety of free health screenings, including glucose, blood pressure, fitness assessment and more will be available.

**Thursday, Feb. 22, 12-1 p.m.**

**Workshop: Way Beyond Sleep Hygiene**

Trabant 209/211

Dr. Brad Wolgast will speak about sleep health and sleep hygiene. He will cover a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness. Register at https://goo.gl/forms/26oqg2fH3MTWinqg1

**Thursday, Feb. 22, 4-6 p.m.**

**Nutritious Newark Cook-off**

STAR Campus

This community event invites attendees to sample healthy dishes prepared by local restaurants and vote for the most creative, tastiest, and best preparation. The first 200 registrants may also sign up for free health screenings. http://chs.udel.edu/cook-off/

**Thursday, Feb. 22, 6 p.m.**

**Wellness Speaker Series: Lisa Rizzo**

120 Smith Hall

Lisa Rizzo is an entrepreneur and founder of Challenge U. softball, an elite private softball training facility. She has a passion for softball and helping young people reach their potential. She is coming to UD to talk about breaking down barriers as a gay woman in a male based industry. This presentation will serve to help understand the value in pursuing a career you are passionate about, translate shared coping strategies into your own life challenges, and recognize that your actions have impact on your future.

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For more Information visit udel.edu/wellbeing

This material is for informational purposes only and is neither a substitute for professional medical advice or treatment. In addition, this calendar contains a sample of the National Health Observances and is meant to bring awareness to the University of Delaware Employee Health and Wellness Initiatives.

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