



Healthy UNCG

What's Happening

- AMERICAN HEART HEALTH MONTH
- FREE BLOOD PRESSURE CHECKS
- HEALTHY TIPS OUT TO EAT
- PARTNER WORKOUT
- HEALTH FAIR

**contact us
today**

healthyuncg@uncg.edu

336-334-4131

healthy.uncg.edu

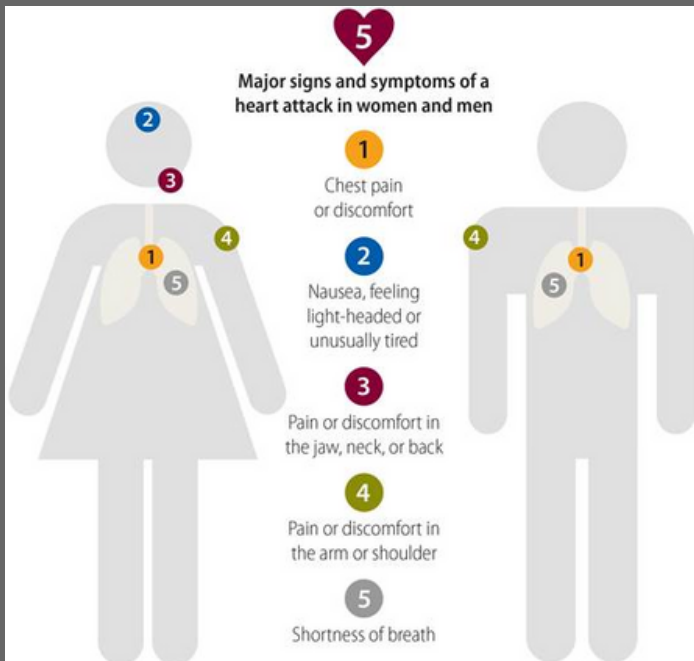
HEART HEALTH MONTH

Preventing Heart Disease: Healthy Living Habits

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:

- Eating a healthy diet.
- Maintaining a healthy weight.
- Getting enough physical activity.
- Not smoking or using other forms of tobacco.
- Limiting alcohol use.

February 2nd
National Wear
Red Day



Source: National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention

Wellness

During the month of February, HealthyUNCG will be offering FREE blood pressure checks!

High blood pressure increases your risk of heart attack and stroke.
Have HealthyUNCG check your blood pressure to see where you fall.

February 6th- 12-1pm Dogwood EUC
February 12th- 12-1pm Kaplan Center Lobby
February 22nd- 10:15-11am Campus supply training room
February 28th- 1-2pm Ragsdale Mendenhall lobby

No appointment needed

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

New Blood Pressure Monitoring Program Available to Employees

Check. Change. Control. is a new program offered to UNCG employees. This is a FREE, evidence-based hypertension management program that utilizes blood pressure self-monitoring to empower participants to take ownership of their cardiovascular health. [Click here for more information.](#)

Wellness

3S Movement Challenge

**Don't forget
challenge
starts February
5th!**

3S = Sip. Stand. Stretch.
4 week individual challenge.

Weekly Prizes!

Grand Prize worth \$150!

[Click here to sign up & learn more](#)

3 SPOTS LEFT!

Join our focus group to provide your insights to help guide employee wellness initiatives that meet the needs and interest of employees.

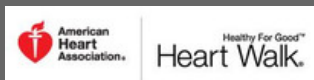


Sign up
here

Save the Date

The American Heart Association announced that UNCG Chancellor Franklin D. Gilliam, Jr. will serve as chairman for the 2018 Greater Guilford Heart & Stroke Walk. The event will be held on UNCG's campus May 19th.

UNCG plans to form a team. More information and team page coming soon.



Fitness

5 Fun Partner Exercises



partner squats



partner ab twist



Partner planks



partner plank/push up

Try these partner exercises for a challenging fun workout!

*all equipment used is available through fitness lending library



partner Bosu balance and row exercise

Nutrition

Tips for eating out on Valentines Day

Have a plan- If you know ahead of time that you're going to a restaurant, plan to have lighter meals during the day.

Consider your drink- Choose water, unsweetened tea, and low calorie alcoholic beverages or other drinks without added sugars to complement your meal.

Savor a salad- Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.

Share a main dish- Divide a main entree between family and friends. Ask for small plates for everyone at the table.

Eat slowly- It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are over eaters, while slow eaters tend to eat less and are still satisfied.

Want to know other ways to eat healthy and prepare healthy foods?

Meet with our registered dietitian,
Cari Culp on campus for FREE*

Schedule an appointment here



*Nutrition consultation free to UNCG employees on the BCBS State Health 80/20 plan. If you are not a BCBS member or are a member of the 70/30 plan, please contact our office at 334-4131 or healthy_uncg@uncg.edu so we can accommodate your needs.

Health Fair

Leonard J. Kaplan Center for Wellness

1301 West Gate City Boulevard, UNCG

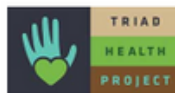
Tuesday, February 13

11 am until 2 pm

FREE SCREENINGS, SWAG AND SNACKS!!!

**Health Information and Referrals, Free Vision and Hearing Screenings,
Mental Health Screenings and FREE Testing for HIV and other STIs**

GTA Route #2 – 2 hour parking at meters in Spartan Village



A Special Invitation for UNCG Employees



The UNCG Kaplan Center is hosting the 2018 Fitness Expo. The fitness expo will showcase the latest in the industry. This year's expo features two of Beachbody's® most esteemed trainers, Jericho McMatthews & Stephanie Johnson and YOU are invited to work out with them!

FRIDAY, February 23, 2018

7:00PM-8:00PM

BEACHBODY MASHUP with Master Trainer Stephanie Johnson

FREE GROUP FITNESS CLASS

SATURDAY, February 24, 2018

6:00pm

CORE DE FORCE LIVE with Super Trainer Jericho McMatthews

Cost for this group fitness class is \$10

Both classes will be held at the Kaplan Center