

# FEBRUARY

## BATHROOM BANTER

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### American Heart Month/ National Wear Red Day

This month, let us take some time to reflect on our personal heart health, and the heart health of our families and loved ones. Cardiovascular disease remains the leading global cause of death with numbers rapidly growing year by

year. Heart disease can often go unnoticed, therefore, it is important to learn about specific diseases that can affect heart health and how to prevent them before they cause harm. Also, don't

forget to **wear red** on Friday, February 2nd!

# WEAR RED DAY



Ever wondered how love can play a role in your health? This **Valentine's Day**, spread the love and aim towards achieving these beneficial health outcomes.

## ALL YOU NEED IS LOVE

- \* Better Immune Health
- \* Improved Heart Health
- \* Improved Mental Wellbeing
- \* Longer Life
- \* Better Skin
- \* Decreased stress



### Super Bowl LII,

**we are ready for you!**

Don't let the big game lead to a big gain. Instead, swap some junk food options with light, tasty alternatives.



Chips + Queso



Hummus + Veggies



Potato Chips



Kale Chips



Beef Burger



Turkey Burger



Fresh Fruit

LAUGHING IS GOOD FOR YOUR HEART. A BIG LAUGH CAN INCREASE YOUR BLOOD FLOW BY

# 20%

THE MAYOR'S FITNESS COUNCIL INVITES YOU TO

# GET STRONG WITH MAYOR RON

FEBRUARY 3, 2018  
11:30 AM - 12:30 PM  
PITTMAN-SULLIVAN PARK

Join us for a special Fitness in the Park boot camp class! This is the first in a series of exciting events with local community partners.

All fitness levels are welcome! To RSVP and more info, go to [FitCitySA.com](http://FitCitySA.com)



## EDUCATION



In recognition of February's Heart Health Month join the Employee Wellness Division at one of the following heart-themed education sessions.

**Hands-Only CPR Training**, Presented by Robert Bunney, RN, Manager, Noninvasive Cardiology, Heart Valve Clinic, **Tuesday, February 20th 12:30-1:30pm**, Municipal Plaza, Council Chambers

**Heart Health**, Presented by Keith Thibodeaux, BCBSTX, **Tuesday, February 27th 1-2:00pm**, Municipal Plaza, B-Room