

FEBRUARY

NEWSLETTER

Exercise Testing

Get ready to schedule your fitness test this semester! New and returning members are eligible for testing during the Spring semester. Please contact one of the Graduate Assistants or Dr. Kullman to schedule your fitness test today!

- [Click here](#) for the medical form

Get Fit This Month!

Personal Training/Fitness Plans

Looking to get fit this year, but need some guidance on how to get started, or how to take your training to the next level? We have several highly qualified graduate assistants to help you achieve your fitness goals. Contact the GA's or Dr. K. to get started!

Workouts available on FFL website

We've added several workout plans to the Fitness for Life website to help keep you on track with your fitness goals! Plans include:

- Couch to 5k run/jog plan
- Swimming workouts
- Lifting and Crossfit
- Walking for fitness

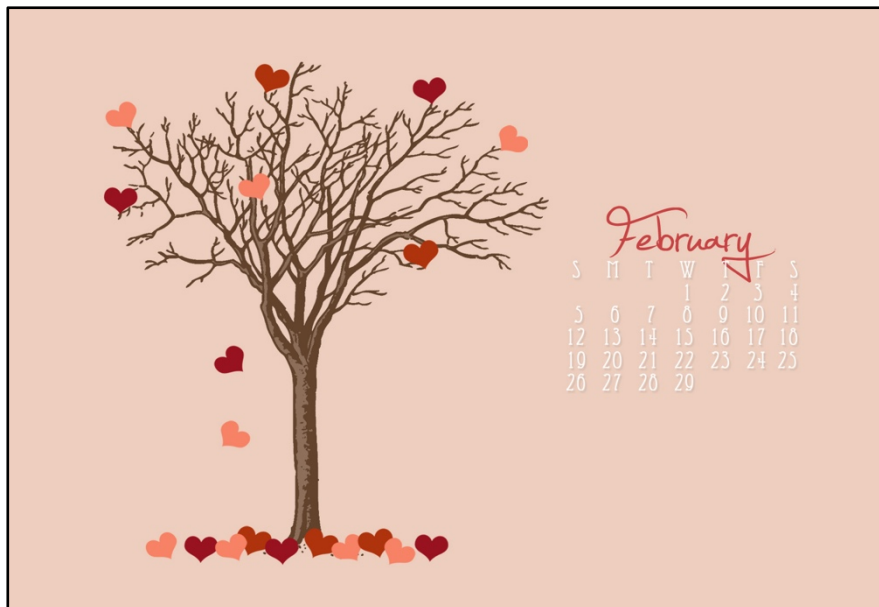
For links to the plans, [click here](#)!

Workout Room Hours

Due to activity class schedules, the workout room (PE SB17) will be unavailable during the following times:

- M, W: 12:25-1:15pm
- T, Th: 9:10-11:05am

Please let Dr. Kullman know if you have any problems accessing the gym or locker rooms.



February is American Heart Month

Did you know that the average adult's heart beats over 100,000 times per day, pumping over 7000 liters of blood in a 24-hour period?! That's a lot of work for this amazing organ that's only about the size of your fist! However, unlike other muscles in our body, our heart can't take a break, which is why it's especially important to take care of it. Both diet and exercise play vital roles in keeping your heart healthy, but so do other often-overlooked factors, such as sleep and stress management. Here are some key components to keeping your heart healthy:

- Understand your risk for heart disease
- Get your blood pressure and cholesterol checked
- Choose heart-healthy foods
- Aim for a healthy weight
- Get regular physical activity
- Manage stress
- Quit smoking if you smoke
- Get enough good-quality sleep

To learn more, check out [this article](#) from the National Heart, Lung, and Blood Institute. Also, test your knowledge about heart health at the end of this newsletter by taking a short quiz!

Valentine's Day Treat

Start your Valentine's Day off with this heart-healthy, easy-to-make, delicious smoothie with only 4 ingredients

Cupid's Vanilla Berry Smoothie

Ingredients:

- 8 oz low-fat vanilla milk
- ½ cup fat-free plain yogurt
- ½ cup frozen red berries
- ½ cup ice

How to make: Place all ingredients in a blender and puree until smooth. Divide between two glasses and serve immediately. [Click here](#) for more recipes for a heart-healthy lifestyle!

Around Cleveland this Month

The weather might not be great, but there are still lots of opportunities to get involved in activities around Cleveland this month. Check out the list below for some ideas:

Feb. 3 – [Intro to Cross-Country Skiing](#)

Feb. 10 – [Orienteering West Woods](#)

Feb. 17 – [Cleveland Cocoa Run 5k](#)

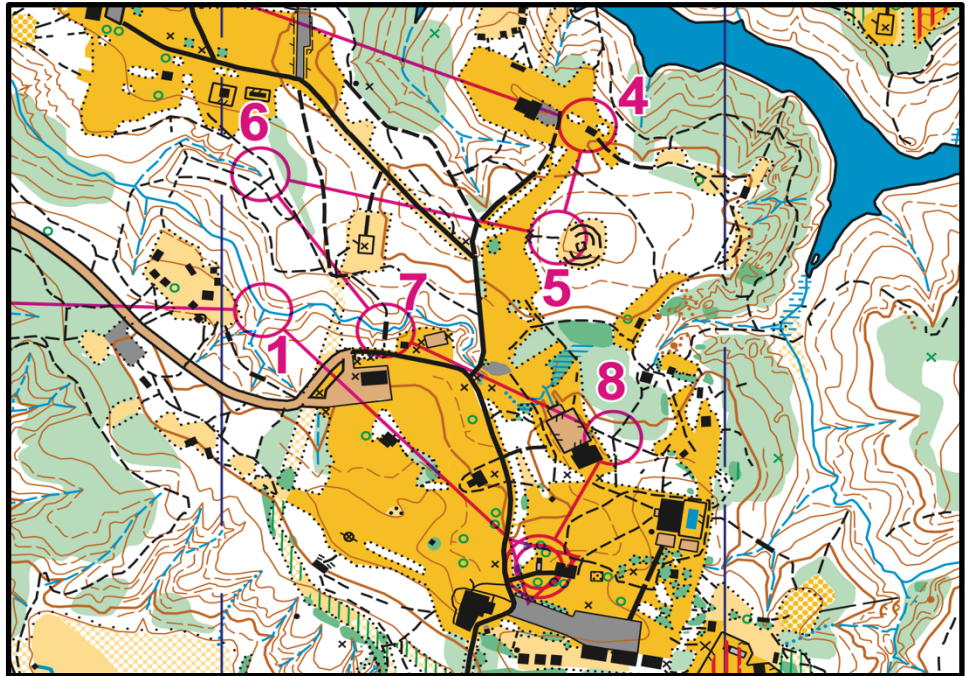
Feb. 24 – [Chili Bowl Classic 5k](#)

CSU Athletics

It might be cold outside, but February is a hot month for our Vikings! Teams competing this month on campus include: Swim and dive, basketball, wrestling, tennis, and lacrosse. Check out the [CSU February Athletics Schedule](#). Go Vikes!!

Exercise Cards

Don't forget to turn in your exercise cards at the end of every month. Tracking your exercise is a great motivational tool to keep you on track. You can email cards to: e.kullman@csuohio.edu
Exercise cards can be found [here](#).



Try Something New in 2024: Orienteering!

If you're looking for some fun and adventure in 2024, an activity that you might consider is orienteering! (Click [here](#) for an intro video.) Orienteering exercises both the **body and mind** and involves navigating your way from point to point using a map and compass. It is a great way to get out and explore nature while getting in some good exercise! Most orienteering events are held in wooded areas, but sometimes they are in urban areas or on lakes (in which case you would use a kayak or canoe to get around). It may sound complicated, but most events have different levels of courses including beginner, intermediate, and advanced. Orienteering is also fun for ALL ages, with participants ranging from 5-95 years of age! Beginners courses are typically 1-2 miles, and easy to navigate. Many orienteers go solo, but groups and teams are also very common. Northeast Ohio has a thriving orienteering club with a great website that lists upcoming events, including free "Orienteering 101" courses, as well as videos to help you learn more about orienteering and many other resources! If you're interested in learning more, visit <https://neoc.com/> or talk to Dr. Kullman, who regularly participates in orienteering events!

If you need to schedule your initial fasted blood test and Fitness for Life Testing or have other questions about testing, scheduling, the lab, or the workout areas, please contact one of the lab graduate assistants at:

Marlee Kovalik: m.j.kovalik@vikes.csuohio.edu

Tyler Hollingsworth: t.d.hollingsworth@vikes.csuohio.edu

Please send exercise cards to Dr. Kullman (e.kullman@csuohio.edu) every month!

Find the exercise cards [HERE](#).

Are You Heart Smart?

What to Know for a Healthier Heart

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though the disease is largely preventable.¹

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge? Take this short **Heart Smart Quiz**:

Heart Smart Quiz

1. **True or False?** High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
2. **True or False?** Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
3. **True or False?** Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
4. **True or False?** Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
5. **True or False?** Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
6. **True or False?** To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Answer Key: All answers are True.

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Learn more about heart disease prevention from *The Heart Truth*[®] at www.hearttruth.gov and download the [Heart Smart Basics fact sheet](#) to improve your knowledge about heart health.

¹ <https://www.cdc.gov/heartdisease/facts.htm>