

# February Wellness Events at the School of Nursing



## February is American Heart Month!

Everyone's journey to better heart health is unique. It's about figuring out what works best for you.

Did you know? "Cardiovascular disease (CVD) and CVD mortality are increasing in working-age adults, and Black adults are among those bearing the highest burden of CVD and the related health consequences, particularly in the United States." - CDC

Learn more about how you can help your patients, family, and friends improve their cardiovascular health:

[https://www.cdc.gov/heartdisease/american\\_heart\\_month.htm](https://www.cdc.gov/heartdisease/american_heart_month.htm)

Join us at the following wellness events this month as we focus on improving heart health!

## Get Moving – Join the Steps Challenge!

Feeling a little sluggish? Join your classmates and colleagues in a School of Nursing Steps Challenge! For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Joining the challenge is free and easy!

### What do I need to do to join?

- Simply add your name to this [Google spreadsheet](#) (use your wisc.edu email address)
- Count your steps each day using whatever app or device you would like
- Add your steps to the spreadsheet each day
- The Steps Challenge runs from Monday, February 6<sup>th</sup> – Friday, March 3<sup>rd</sup>. Participate as you are able!

### A few tips to get more steps:

1. Take the stairs instead of the elevator
2. Park farther away from work or school
3. Using the walking workstations (computer treadmills) at Cooper Hall

## School of Nursing Heart Healthy Food Drive

“[The Open Seat](#)” is a UW-Madison food pantry that supplies any UW-Madison student in need with free boxes of food. Many individuals lack access to healthy food options, resulting in negative health outcomes. With a February focus on Heart Health, we are hosting a Heart Healthy Food Drive!

**When:** February 13<sup>th</sup> – February 24<sup>th</sup>

**Where:** Donations can be dropped off in Academic Affairs (1<sup>st</sup> floor of Cooper Hall).

**What:** The Open Seat accepts non-perishable, non-expired cans (cans must not be dented or rusted) and other unopened packages (such as toiletries, toothpaste, dish soap, etc.). All items must be unopened with the original, legible, sealed packaging. If possible, we encourage you to donate heart healthy options.

**DONATION SUGGESTIONS**

**BEVERAGES**

- Water
- 100% Fruit juice
- Low-fat, powdered milk

**PROTEINS**

- Unsalted nuts
- Natural peanut butter
- Canned meat, no added sodium
- Beans, dried or no-sodium

**WHOLE GRAINS**

- Whole wheat pasta
- Whole wheat crackers
- Whole grain cereals
- Whole grain, natural granola bars
- Brown rice

**CANNED AND DRY GOODS**

- Canned vegetables, no added sodium
- Canned fruit in 100% fruit juice
- Natural applesauce
- Soups, low or no sodium
- Dried fruit, no added sugar
- Healthier cooking oils (olive oil)

## **Save the Date! School of Nursing Blood Drive**

Every two seconds someone in the U.S. needs blood. Approximately 29,000 units of red blood cells are needed every day in the U. S. And, your one donation can help save more than one life!

**Join us on Tuesday, February 21st from 10am-3pm in the Health Sciences Learning Center (HSLC) across the street to donate blood. Every donation makes a difference!**

**We encourage you to bookmark the [School of Nursing Wellness Website](#). Check back often for new information, events, and resources!**