

# FEBRUARY

## NEWSLETTER

### Don't Forget!

Sign up for your Fitness for Life Testing. Email one of the Graduate Assistants - *find their emails at the end of this Newsletter.*

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

### Goal Setting

Working on a New Year's Resolution? Check out this article on goal setting to help you create a goal you'll stick with! [Click Here!](#)

### What is Wellness?

Wellness is more than healthy eating and exercise! Check out this wellness handout to learn about the Six Dimension of Wellness. [Read more!](#)



### Welcome to 2022!

Welcome to Fitness for Life for our new members and welcome back to our veteran members! We are so excited for the long overdue return to our programming. February is American Heart Health Month, so this month, our newsletter is filled with heart-healthy tips. Click [here](#) for a variety of recommendations from the National Heart, Lung, and Blood Institute to help you keep your heart healthy!



## Jumpstart your day!

Dreaming of a tropical escape? Try this blueberry mango smoothie to start your day with a heart-healthy paradise for your mouth!

- 3/4 cup plain, fat-free Greek yogurt
- 3/4 cup fat-free milk
- 3/4 cup frozen, unsweetened blueberries
- 3/4 cup frozen mango chunks
- 1 tablespoon honey
- splash of vanilla extract

Place all ingredients in a blender and blend until smooth. Makes 2 servings. 188 Calories; 13 g protein; 35 g carbohydrates; 3 g fiber

[Find other heart healthy recipes here!](#)

**Get to know our GA's! Scan the QR code below or click [here!](#)**



## Enjoying Winter Exercise

Here in Cleveland, winter weather is a way of life in the month of February. This doesn't mean that we need to move all of our exercise inside, though. Exercising in the winter is a great way to get fresh air and see some of the beautiful scenery that the Cleveland area has to offer. Here are a few tips and resources for winter exercise.

- Always warm up before exercise in the cold
- Wear multiple layers of clothes
- Wear footwear with good traction or try [Yaktrax](#)
- Use hand and foot warmers to help keep you warm

For some more great cold-weather exercise tips, click [here!](#)

Want to try snowshoeing or cross-country skiing? The Cleveland Metroparks keeps groomed trails and has equipment rental all winter! Click [here](#) for more details!

**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 workouts area, please contact one of the lab GA's/ student workers at:**

- Mary Kiley: [m.j.kiley@vikes.csuohio.edu](mailto:m.j.kiley@vikes.csuohio.edu)
- Sean Schieferstein: [s.schieferstein15@vikes.csuohio.edu](mailto:s.schieferstein15@vikes.csuohio.edu)
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**Please send exercise cards to Dr. Kullman ([e.kullman@csuohio.edu](mailto:e.kullman@csuohio.edu)) every month!**