



# HEART HEALTH MONTH FEBRUARY 2022 ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Blood Pressure Checks 2-4 PM, Briscoe  Blood Pressure Checks 10-11:30 AM, Rite-Hite  Strength Exercise Class 12-12:30 PM, Rite Hite	<b>2</b> Blood Pressure Checks 2-4 PM, Rite-Hite	<b>3</b> Blood Pressure Checks 10 AM-12 PM, Briscoe  Strength Exercise Class 12-12:30 PM, Rite Hite	<b>4</b> Blood Pressure Checks 9-11 AM, Rite-Hite	<b>5</b> <b>Heart Healthy Tip:</b> Take a 30-minute walk to improve the flow of oxygen throughout your body.
<b>6</b> <b>Heart Healthy Tip:</b> Eat 5 servings of vegetables and fruits to increase your fiber intake.	<b>7</b> Heart Healthy Exercise Seminar 11 AM-12 PM, Briscoe  Blood Pressure Checks 4-6 PM, Briscoe	<b>8</b> Blood Pressure Checks 9-11 AM, Rite-Hite  Strength Exercise Class 12-12:30 PM, Rite Hite	<b>9</b> Blood Pressure Checks 4-6 PM, Briscoe	<b>10</b> Blood Pressure Checks 2-4 PM, Briscoe  Blood Pressure Checks 9-11 AM, Rite-Hite  Strength Exercise Class 12-12:30 PM, Rite Hite	<b>11</b> Blood Pressure Checks 11 AM-1 PM, Briscoe  Heart Healthy Exercise Seminar 11 AM-12 PM, Rite-Hite	<b>12</b>
<b>13</b>	<b>14</b> Blood Pressure Checks 4-6 PM, Briscoe  Nutrition Seminar: Heart Healthy Eating 9:30-10:30 AM, Rite-Hite	<b>15</b> Nutrition Seminar: Cooking for Better BP Management 2-3 PM, Briscoe  Strength Exercise Class 12-12:30 PM, Rite-Hite	<b>16</b> Blood Pressure Checks 4-6 PM, Briscoe  Blood Pressure Checks 9:30-11:30 AM, Rite-Hite	<b>17</b> Blood Pressure Checks 10 AM-12 PM, Briscoe  Blood Pressure Checks 9-11 AM, Rite-Hite  Strength Exercise Class 12-12:30 PM, Rite- Hite	<b>18</b> Blood Pressure Checks 11 AM-1 PM, Briscoe	<b>19</b> <b>Heart Healthy Tip:</b> Aim for 8 hours of sleep to give your heart a rest.
<b>20</b> <b>Heart Healthy Tip:</b> Incorporate heart healthy fats into your diet from foods like avocado, salmon, nuts, and seeds to reduce inflammation.	<b>21</b> Blood Pressure Checks 4-6 PM, Briscoe  Heart Healthy Cooking Demo 9:30-10:15 AM, Rite-Hite	<b>22</b> Blood Drive 1-6 PM, Briscoe  Blood Pressure Checks 9-11 AM, Rite-Hite  Strength Exercise Class 12-12:30 PM, Rite-Hite	<b>23</b> Blood Pressure Checks 4-6 PM, Briscoe	<b>24</b> Blood Pressure Checks 2-4 PM, Briscoe  Blood Pressure Checks 10:30 AM-12 PM, Rite-Hite  Strength Exercise Class 12-12:30 PM, Rite-Hite	<b>25</b> Blood Pressure Checks 11 AM-1 PM, Briscoe	<b>26</b>
<b>27</b>	<b>28</b> Heart Healthy Cooking Demo 9-9:45 AM, Briscoe  Blood Pressure Checks 4-6 PM, Briscoe					

## ACTIVITY DESCRIPTIONS

**BLOOD DRIVE\***  
 Feel good knowing that by making a blood donation, you're helping Versiti maintain a safe blood supply here in Wisconsin.

**BLOOD PRESSURE CHECKS**  
 Stop by during the scheduled time to get your blood pressure checked by one of our Healthy Heart Ambassadors.

**HEART HEALTHY COOKING DEMO\***  
 Michelle Rimer, Registered Dietitian, will demonstrate how to prepare a simple, heart healthy recipe and will be available to answer questions related to improving your health through good nutrition. Food samples and recipes cards will be available for attendees.

**HEART HEALTHY EXERCISE SEMINAR\***  
 Learn the mechanism of a healthy heart and how to improve your heart health with proper exercise.

**NUTRITION SEMINAR: COOKING FOR BETTER BLOOD PRESSURE MANAGEMENT\***  
 Learn how to read food labels, shop, prepare, and cook nutritious foods for better blood pressure management.

**NUTRITION SEMINAR: HEART HEALTHY EATING\***  
 Learn how nutrition impacts your blood pressure and how to make healthier choices for improved heart health.

**STRENGTH EXERCISE CLASS\***  
 A niche strength class designed for those searching to positively impact their blood pressure. This class combines resistance training, bodyweight exercises, and moderate intensity cardio intervals to challenge the cardiovascular system.

**\*Registration Required**

---

**BRISCOE**  
 Briscoe Family YMCA Wellness Center  
 7095 S Ballpark Drive, Franklin, WI

**RITE-HITE**  
 Rite-Hite Family YMCA  
 9250 N Green Bay Road, Brown Deer, WI