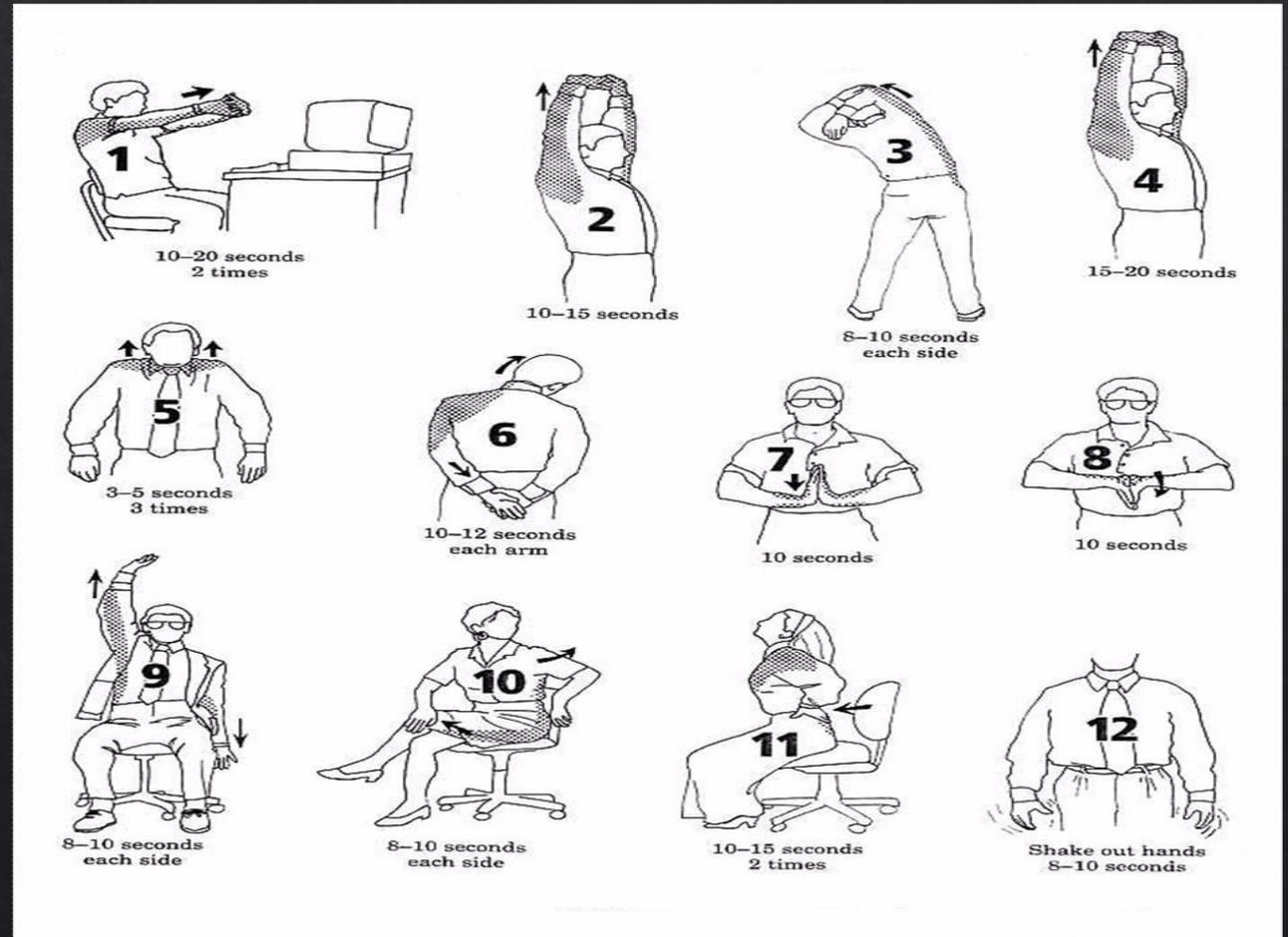




Heart Healthy at Goddard

# Start at your workspace

- ◆ Get out of that chair!
  - ◆ Stretching
  - ◆ Walking
  - ◆ Stairs
- ◆ Take a break
- ◆ Bring healthy snacks and water



# Utilize the Gym

- ◇ Affordable access to daily exercise!
  - ◇ Open Monday – Friday 6AM-7:30PM
  - ◇ State of the art equipment including treadmills, ellipticals, stair machines, bikes, free weights, weight machines and stretching areas
  - ◇ They have at least 4 group exercise classes offered daily in addition to workout equipment
  - ◇ Personal training is available for an additional cost
  - ◇ Typically have monthly challenges
  - ◇ Currently offering discounted prices on new memberships
    - ◇ Visit [www.workout.com](http://www.workout.com) for details

# Bike around campus

- ◇ Earth Day through Fall
- ◇ 58 Bicycles in various locations around campus
- ◇ Tag system
  - ◇ “Luggage tag” with a card inside
    - ◇ Green – you are free to take the bike
    - ◇ Yellow/Red – bike is reserved and not available
- ◇ No central repository
- ◇ Bring your own helmet, though not required \*highly encouraged\*
- ◇ Ride on streets NOT sidewalks
- ◇ Park at bike racks



# Take advantage of weekly offerings

- ◆ Weight Watchers Inspire
- ◆ Weekly Mindfulness Meditation – meets every Tuesday at noon, Building 23 Room 320
  - ◆ Always followed by Q&A, no experience required
- ◆ BIGS (Blacks in Government) Wellness Forum 2/17/2016
- ◆ Throughout the year there are activities that encourage wellness and exercise
  - ◆ Fun runs/walks
  - ◆ Wellness events
  - ◆ Presentations pertinent to current health issues

# Make healthy lunch & snack choices

- ◆ Sensible snacking – maximize nutrients, remember moderation
  - ◆ Crunchy – veggies such as apples, celery, carrots, green peppers, zucchini, broccoli, cauliflower, unsalted rice cakes
  - ◆ Munchy - Unsalted sunflower seeds, whole-grain breads or toast, cherry or grape tomatoes, low-fat or fat-free cheese, plain, low-fat or fat-free yogurt, unsalted almonds, walnuts and other nuts
  - ◆ Sweet - baked apple, raisins, dried fruit gelatin gems, frozen bananas, frozen grapes, fresh fruit, low-fat or fat-free unsweetened fruit yogurt
- ◆ For snacks and lunch you are always better off making at home
  - ◆ You have control over ingredients
  - ◆ Less likely to make impulse decisions that typically lead to bad choices (high fat, calories, sodium content)

# Come see us at the Health Unit

- ◇ Civil Servants
  - ◇ Wellness Examinations
    - ◇ Annual Wellness Examinations yearly after the age of 50
    - ◇ Those who are 40-49 Wellness Examinations every 2 years
    - ◇ Those younger than 40 will receive a Wellness Examination every 5 years
      - ◇ Comprehensive laboratory studies – including cholesterol
      - ◇ EKG every 5 years OR if patient is having symptoms
      - ◇ Physical examination
  - ◇ Blood pressure monitoring