Hello Everyone!

Did you know that February is Healthy Heart Month? (Feb. 3 is National Wear Red Day, a campaign to bring awareness to women’s heart disease.) You are never too young to think about heart health. Prevention is very important and there are lots of things that you can do to stay healthy, like exercising, eating right, managing your stress and getting enough sleep. All of these can affect the heart. Weight can be a contributing factor in many diseases. High blood pressure can also lead to strokes, heart attacks, and heart or kidney failure. Know your blood pressure numbers:

- Under 120/80 Normal
- 120-139/80-89 Prehypertension
- 140/90 High

Cholesterol is a type of fat made by your liver and carried in your blood. You also get cholesterol from certain foods. There are two types of cholesterol: LDL and HDL. LDL is known as “bad” cholesterol because it carries cholesterol from the liver to the rest of the body. When there is too much in the blood, it gets deposited as plaque on artery walls. HDL is known as “good” cholesterol because it carries cholesterol to the liver for elimination. The higher your HDL level, the more cholesterol that leaves your body, lowering your risk of heart disease. Cardio exercise has been known to increase the HDL level. The higher the level of LDL cholesterol in your blood, the GREATER your chance is of getting heart disease.

A fasting blood glucose test tells the amount of sugar in your blood. This test is used to diagnose diabetes and pre-diabetes as well as to monitor existing cases of diabetes.

These are all simple screenings that remind us to take care of our hearts and our health!

We hope you have a wonderful February. We have a lot of great programs scheduled this month, and
hope to see you at some of them.

Yours in health,

Karen

Tick! Tock!

It’s not too late to register for the Dean’s Challenge. Stop by the front desk of the Sport & Fitness Center by Friday, Feb. 3 to still be eligible for all of the prizes. For more information, CLICK HERE.

Meditation & How It Affects Leadership

When: Thursday, Feb. 2nd
3:30-4:30 pm
McDonough 141

Join GU Law alum and IMF General Counsel, Sean Hagan, as he discusses his personal experience with meditation, followed by a 20-minute meditation, led by Dennis McAuliffe, of the John Main Center on Main Campus.
Blood Drive
When: Tuesday, Feb. 7
12:00pm-5:00pm
Gewirz, 12th Floor


Plant-Based Nutrition
When: Thursday, Feb 9th
1:15pm-2:15pm
McDonough 109

Dr. James Loomis, Medical Director of Barnard Medical Center, will discuss how to reach and maintain optimal health with a whole-food, plant-based diet.

Sleep Hygiene
When: Monday, Feb 13th
3:30pm-4:30pm
McDonough 156

Join our CAPS counselors as they share tips to help you sleep better and optimize your health.

Living Gluten Free
When: Monday, February 28th
1:30pm-2:30pm
McDonough 342

Gluten is a mixture of two proteins that is present in cereal grains, especially wheat, and is responsible for the elastic texture of dough, and sometimes your body may be intolerant to it. Come out to learn more about gluten, gluten intolerance, and living gluten free!

Cooking Demonstration with Bon Appétit
When: Wednesday, March 1st
3:30pm-4:15pm
McDonough 164

Interested in learning how to prepare a simple, healthy, and delicious meal that you can make at home? Join Chef Brock as he walks you through the process. It’s sure to be a delicious event!
Emotional Wellness focuses on taking care of yourself and developing ways to enhance your inner resources. This involves awareness and acceptance of one’s feelings, and effectively coping with stress. Embrace your feelings and address them when they pose a concern or a point of contention.

**Monthly Challenge:**
Look at the stress in your life and ask yourself how you can reduce your level of stress. Do something nice for yourself today.

**Sarah’s February Recipe: Delayered Lasagna**

Lasagna is delicious, but can be a handful to make. This recipe is light on the pasta, not layered, and doesn’t require baking.

**Ingredients:**
- ½ tablespoon olive oil
- ½ pound ground turkey (or beef)
- ½ onion, diced
- 2-3 cloves of garlic, minced
¼ teaspoon red pepper flakes
½ jar of favorite pasta sauce
2 cups chicken broth
½ can diced tomatoes
1 tablespoon tomato paste
½ tablespoon each of dried basil, dried parsley, dried oregano
5 uncooked lasagna noodles
Mozzarella, ricotta, and parmesan cheese to top

Heat olive oil in a deep saucepan over medium heat. Cook turkey till browned and drain off any excess fat. Add onion and cook till translucent. Add garlic and red pepper.

Add pasta sauce, chicken broth, diced tomatoes, tomato paste, basil, parsley, and oregano. Break the lasagna into 1 inch pieces and add to pot. Cover the pot and cook for 20-30 minutes or until pasta is cooked to preference. Stir frequently to loosen the noodles and prevent them from sticking. Top with mozzarella, ricotta, and parmesan cheeses.

Thought for the Day

Each player must accept the cards life deals him or her; but once they are in hand, he or she alone must decide how to play the cards in order to win the game

Voltaire