The Spring Challenge is Only a Few Weeks Away

As part of that effort, this month, Well Aware will participate in National Wear Red Day® (see article below) and promote heart health in other ways.

February is Heart Health Month. The American Heart Association's Take the Steps to Prevent Heart Disease offers a number of ways to get involved.

Here are some additional steps to get started:

- Take a walk. The health benefits of walking are well known. It can improve heart function, strengthen muscles, and burn calories. If you have not already, you could begin taking daily walks that add up to 10,000 steps a day.

- Eat fruits and vegetables. The more you eat fruits and vegetables, the lower your risk of heart disease and stroke.

- Lose weight. Losing just 5% to 10% of your current weight can lower your risk of heart disease.

- Exercise more. Thirty minutes a day is your goal. Take a few 10-minute breaks during the day. If you are already active, try increasing your activity levels.

- Manage stress. You can take steps to keep stress in check, such as taking time each day to relax and unwind by doing something enjoyable like reading, listening to music, or spending time with friends and family.

- Quit smoking. Smokers are six times more likely to have a stroke and are 2 to 3 times more likely to have a heart attack.

The actual competition starts Monday, February 25, 2013. Like the fall incentive, individuals can sign up to compete in the spring competition. Team registration for the spring competition begins Monday, February 4, 2013. The competition will last six weeks. Later this month, we will enter the third phase of the MMC: the 10 Million Mile Challenge (MMC): the New Year's resolution incentive. Each week, the individual who logs the most miles will be made on a wall. Students and staff will be able to log their activity, as well as weekly grants to schools, offices, and students who complete 10,000 miles.

We encourage you to take the STEPS to prevent heart disease. You can show your support by logging your miles on the Well Aware Fitness Log.

While you are working towards your personal goals, we urge you to take the steps to prevent heart disease, which can also help prevent other health problems such as heart attack and stroke, diabetes, and obesity.


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This health challenge of their own. Staff and students will be sharing ideas for healthy breakfasts and snacks and healthy recipes. They also shared motivational pep talks. The group has been formed with consistent, dedicated, fun, and healthy living for students as well as staff.

Well Aware's online survey; taking the steps to prevent heart disease; this month's wellness champion, a Million Mile Challenge school team winner, Kristen Millios, Laura Salteris, Lindsay McGrew, Margarita Deckert said.  “We are a more health conscious school and we will be working on supporting good health for all our students. We are trying to start a wellness club that will give students the opportunity to get involved and learn about healthy living. We have already started a fitness club that focuses on physical activity and we hope to start a nutrition club that focuses on healthy eating.”