6th Annual Happy Heart Walk

Resources to Make Your Heart Smile!

September 24, 2014

Build Your Knowledge

<table>
<thead>
<tr>
<th>Warning Signs of Stroke (American Heart Association and the American Stroke Association)</th>
<th>Warning Signs of a Heart Attack (American Heart Association)</th>
<th>Heart Facts Infographic (Cleveland Clinic)</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Cholesterol Facts (Centers for Disease Control)</td>
<td>High Blood Pressure Facts (Centers for Disease Control)</td>
<td>Beginner Walking Plan* (American Heart Association)</td>
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<tr>
<td>28 Days to a Healthier Heart (Centers for Disease Control)</td>
<td>Aim for a Healthy Weight (U.S. Department of Health and Human Services)</td>
<td>Tips on Eating Well at Choosemyplate.gov (U.S. Department of Agriculture)</td>
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*Please check with your doctor or health care provider before beginning any exercise program.

Get Regular Exercise*

Annual American Heart Association Heart Walk

This is the Happy Heart Walk’s older sibling! The American Heart Association’s annual heart walk in DC will be held on Saturday, November 8, 2014 on the National Mall. The walk starts at 10:00am. [Event details.]

If you’d like to sign up as an individual, you can join the Mason Team. Bring your family and friends and don’t forget to wear your Mason gear!

Who’s Walking Wednesdays

Who’s Walking Wednesdays? Join us each Wednesday at noon in front of Merten Hall (formerly University Hall) in the Wellness Circle. Each week a new leader takes the group on a 30 minute campus walk. Sign up to lead the walk at [Who’s Walking Wednesday?].

On Campus or in the Community

- [Mason Recreation]
- [Freedom Aquatic & Fitness Center]
- [Work/Life Discounts on Fitness]
Take Preventive Steps

**Be a Flu Fighter: Winter Wellness Day**

Thursday, October 9 in Arlington, Fairfax, and Prince William. Receive a flu shot and financial information at this annual event. Details at Winter Wellness Day.

**Preventive Screening Guidelines**

Your heart smiles (and so does the rest of you) when you take charge of your health. CommonHealth has prepared some resources to help you and your health care provider determine what’s right for you.

**Building Well-Being**

Explore Mason’s Well-Being University Initiative, attend a brown bag lunch, or a well-being practice.

**Employee Assistance Program (EAP)**

If you have your benefits through Mason, you have access to an Employee Assistance Program (EAP) that can help you with a range of personal and professional issues including financial and legal assistance. For more information, please visit the Benefits site.

**ActiveHealth**

Are you a COVA health plan participant? If so, you have access to ActiveHealth’s suite of programs including:

- Smoking Cessation
- Healthy Lifestyles (-reaching your health goals)
- Healthy Beginnings (prenatal)
- Healthy Insights (managing long-term conditions)

See the ActiveHealth brochure.
## Eat Well

<table>
<thead>
<tr>
<th>Mason Dining</th>
<th>Center for the Advancement of Well-Being</th>
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<tbody>
<tr>
<td>Healthier eating starts with healthier choices and you have them at Mason!</td>
<td>Nutritionist Deanna Busteed will be holding a series of three 1-hour workshops this fall focusing on nutrition and healthy living. Workshops are free and open to all. Refreshments provided. Click on the links below for more info and to RSVP.</td>
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<tr>
<td>For Your Health:</td>
<td>This fall’s workshops are:</td>
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<tr>
<td>Healthier Options on Campus</td>
<td><em>Hot Topics in Nutrition – Separating Fact from Fiction (9/29);</em></td>
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<td>Where to eat vegan, vegetarian, gluten free and halal on campus</td>
<td><em>Hot Topics in Fitness (10/8);</em></td>
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<tr>
<td>Faculty/Staff Meal Plans</td>
<td><em>Hot Topics in Healthy, Mindful Eating (11/10).</em></td>
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<tr>
<td>WeightWatchers</td>
<td>Healthy Eating Resources for Home</td>
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<tr>
<td>CommonHealth offers special pricing. <a href="#">Eligibility</a> and <a href="#">Information</a></td>
<td><strong>Healthier Cooking Methods</strong> and <a href="#">Making Healthier Sandwiches</a> (American Heart Association and the American Stroke Association)</td>
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<td></td>
<td><a href="Choosemyplate.gov">Healthy Eating on a Budget</a></td>
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<td>Healthy Eating Resources When Dining Out</td>
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<td></td>
<td><a href="CommonHealth">Nutrition guides for popular restaurants</a> (CommonHealth)</td>
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<tr>
<td></td>
<td><a href="Choosemyplate.gov">Tips for eating healthy when eating out</a></td>
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</table>

## Other Great Information!

### Financial Well-Being Seminars

Take steps forward this year in developing your financial knowledge. For in-person and online sessions as well as tools and resources, please visit [HR & Payroll](#).

Check out the TIAA-CREF Financial IQ Challenge beginning October 1!

### Staff Senate Resources

The Staff Senate has prepared a resource list to put key information just a click away.

[staffsenate.gmu.edu/resources/](staffsenate.gmu.edu/resources/)

### Spring into Well Being

Mark your calendar! The 2nd annual Spring into Well Being celebration kicks off on March 19 and runs through April 30, 2015. In the meantime, visit [Today@Mason](#) and select the “Health, Wellness, and Well-Being” category to see the multitude of opportunities available.

### CommonHealth

CommonHealth’s current program is entitled [WellIGOnomics: How You Move Matters](#).

HR & Payroll can bring this session to your department. Contact Bridget Peabody at [bpeabody@gmu.edu](mailto:bpeabody@gmu.edu) for details.

### Lunchtime Possibilities

There are many ways to get involved at Mason. Check out some of the options at [Lunchtime Possibilities](#).