



Living Well
12 Yon Hall
Gainesville, FL
(352) 294-1626

Weekly Group Fitness

Zumba
Tuesday/Thursday
5:30-6:30
FLG Basketball Court

Turbokick
Wednesday
5:30-6:30
FLG Basketball Court

Lunch Time Conditioning
Tuesday/Friday
12:30-1:15
Living Well

Early Morning Training
Monday-Friday
6:00-7:00am
Living Well

Normal Hours:

Monday	6am-8:30pm
Tuesday	6am-8:30pm
Wednesday	6am-8:30pm
Thursday	6am-8:30pm
Friday	6am-7pm
Saturday	9am-3pm
Sunday	1pm-5pm

Heart Health Month

Heart disease is the leading cause of death in the United States with one American dying every minute due to a coronary event. Many different factors contribute to an increased risk for heart disease, but the good news is that most of them can be reversed. Factors such as obesity, high blood pressure, high cholesterol, tobacco use, physical inactivity and an unhealthy diet can all be modified.

The American Heart Association suggests that performing 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week will lower your risk of heart disease dramatically. They also encourage individuals to make their exercise routines fun and to vary the type of exercises that you do each day.

Knowing what to look out for when it comes to coronary episodes can ultimately save a life. While some heart attacks start out suddenly with intense pain, most have a slow onset with only mild discomfort. Some of the most important signs to look out for are chest pains and other discomfort in the upper body. Most heart attacks involve a feeling of fullness, pressure, and squeezing in the center of the chest that either lasts for longer than a few minutes or goes away and returns repeatedly. Other common areas to have pain during a heart attack are the back, arms, neck, jaw and stomach. Some individuals also report feeling short of breath, nauseous, or lightheaded during this type of coronary event. If you experience any of these symptoms it is imperative that you seek medical attention as quickly as possible. Time is the most crucial part in treating a heart attack.



The American Heart Association's website www.heart.org provides links to useful exercise resources as well as a tool that will help you calculate your personal heart disease risk level.

Visit us online at www.livingwell.ufl.edu

Follow our blog at www.livingwelluf.wordpress.com

Interact with us at www.facebook.com/LivingWellUF

Top 10 Heart Healthy Foods

Oatmeal
 Salmon
 Avocado
 Olive Oil
 Nuts
 Berries
 Legumes
 Spinach
 Flaxseed
 Soy



Three great races for one great cause!
 5K, 10K, or 15K
 Supporting underserved needs of cancer patients
 and their families treated at UF & Shands
 Saturday, February 4th
 Visit www.cfc-foundation.org

The Living Well Olympics

Saturday, February 18

@ 12 pm Stadium Lawn

We're looking for men and women, young and old, novices and veterans.

So don't be shy! Pick an event and join the team of your favorite Living Well intern.

See you on the field!

Events Include:

Agility Drill
 Vertical Jump
 Medicine Ball Throw
 Bench Press
 Farmers Carry
 Sit & Reach
 Wall Sit
 Push-ups
 Sit-ups
 1-mile run

Pre-register at Living Well today!