No one achieves heart health by accident. There are seven recommended areas of focus, called the *Simple Seven*, everyone should practice in order to live a heart-healthy life.

1. **Manage Blood Pressure**: High blood pressure is the single most significant risk factor for heart disease. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer. High blood pressure, also known as hypertension, means the blood running through your arteries flows with too much force and puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears. Uncontrolled high blood pressure can injure or kill you. It’s sometimes called “the silent killer” because it has no symptoms. Approximately 90% of all Americans will develop hypertension over their lifetime and one in three adults has high blood pressure, yet, many people don’t even know they have it.

2. **Eat Better**: A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet (foods low in saturated and trans fat, cholesterol, sodium and added sugars, and foods high in whole grain fiber, lean protein, and a variety of colorful fruits and vegetables) you are fueling your body to make new cells and create the energy we need to thrive and fight diseases.

3. **Lose Weight**: If you have too much fat you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too. At least 30 minutes of moderate physical activity, five times per week is recommended.

4. **Control Cholesterol**: When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

5. **Get Active**: Regular moderate intensity physical activity helps keep your heart in good condition. When you are inactive, you burn fewer calories, you are at higher risk for cholesterol problems, blood sugar and blood pressure problems, and your weight is often harder to manage. If that’s not enough, physically active people nearly always report better moods, less stress, more energy and a better outlook on life.

6. **Reduce Blood Sugar**: If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes. Diabetes can cause your blood sugar to rise to dangerous levels, and when this happens, your body may try to compensate by draining fluid out of your cells to dilute the excessive sugar, creating excessive thirst and hydration problems. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

7. **Stop Smoking**: If you want to live a long and healthy life, breaking the nicotine addiction will be very important. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.

*Click here* for more details, tips on how to actually achieve the *Simple Seven*, and to take a personal assessment test.
# What's Trending

**Fitness:**

5 Steps to Loving Exercise: 80 percent of Americans don’t make exercise a regular habit. [Click here](#) for five great tips to overcome an exercise aversion.

**Health:**

Understanding Blood Pressure Readings: Because one in three adults has high blood pressure, and it has no symptoms, it is important to take your blood pressure frequently. [Click here](#) to learn exactly what your reading means.

**Apps of the Month:**

Healthy Heart 2: Download this free app to track blood pressure, pulse, cholesterol, blood glucose, potassium and meds. Data can be saved for backup, analysis and sharing with doctors and family members.

NFL Play 60: The American Heart Association and NFL have come together to fight childhood obesity. This app encourages players to get their 60 minutes of daily recommended physical activity through an interactive running experience. [Click here](#) to learn more.

**FOOD FOR THOUGHT**

Physical activity is defined as ANY activity that requires muscle contraction and energy expenditure. This includes walking, mowing the lawn, sweeping the floor, taking the steps and exercise. Exercise however, is defined as “structured physical activity performed with the goal of improving a particular variable of fitness.” An example includes walking on a treadmill for 30 minutes because you want to improve your health, burn calories etc. The adaptations that occur from regular exercise are known to prevent the development of heart disease. However, did you know that non-exercise physical activity (NEPA) may be more beneficial than exercise in preventing heart disease?

A recent study examined the association between NEPA and cardiovascular health at baseline and after 12.5 years. The findings showed that those with high levels of NEPA had more favorable waist circumferences, triglyceride levels, good cholesterol and glucose levels REGARDLESS if they performed regular exercise. Ultimately, high levels of NEPA were associated with lower risk of cardiovascular disease and death.

These findings demonstrate that one does not need to perform structured regular exercise to be healthy which is good news for those who cannot find time to exercise. Rather, a generally active lifestyle that includes lifestyle activity throughout the day may be preferable for overall cardiovascular health.

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**PARKING**

Wellness Center parking permits for the 2013 – 2014 year are available in the Sales Office. Permits have been prorated to $48 and are valid through August 15, 2014. Visit the Sales Office on the 2nd floor for more details. You must have your license plate number with you at time of purchase. Students and Coral Gables employees are not eligible to purchase a Wellness Center permit.

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**DID YOU KNOW...**

The Wellness Center celebrated its 18th birthday last month! Since January 16, 1996, over 12 million people have passed through our doors!
Upright Row with arm band

Step 1: Start by standing on an exercise band so that there is tension when your arms are extended. Hold the handles a little less than shoulder-distance apart with your palms resting on the top of your thighs, elbows slightly bent, and back straight.

Step 2: Exhale and lift the handles upwards close to your body using your shoulders and continuing until the handles almost touch your chin. Remember your elbows should always be above your forearms and keep your stomach in throughout the movement.

Step 3: Inhale as you lower the handles back down to the starting position.

Variations: try using an e-z curl bar (intermediate) or dumbbells (advanced).

Click here to watch our YouTube video of this exercise.

Asian Grilled Tuna

A zippy marinade made from sugar and vinegar-laden spices adds loads of flavor to heart-healthy tuna steaks. Finish it off for less than 300 calories per steak.

Ingredients:
- 3 tablespoons rice vinegar
- 1 tablespoon canola oil
- 2 teaspoons sugar
- 1 1/2 teaspoons minced shallot
- 3/4 teaspoon grated fresh ginger
- 1/4 teaspoon salt
- 2 (5 ounces) tuna steaks

Directions:
1. In a small bowl combine rice vinegar, oil, sugar, shallot, ginger, and salt; stir to dissolve sugar.
2. Place tuna in a resealable bag set in a shallow dish. Pour vinegar mixture over tuna in bag. Marinate in refrigerator for 2 to 4 hours, turning bag occasionally.
3. Drain and discard marinade.
4. Preheat grill pan over medium heat. Grill tuna 4 to 5 minutes per side or until fish begins to flake when tested with a fork, but is still pink in the center.

Source & Nutritional Information
COMMUNITY CLASSES

The Herbert Wellness Center has something for everyone! You don’t have to be a member to take advantage of the many programs we have to offer. From Martial Arts to swim classes, you are bound to find something you enjoy. Click here for a list of all available Community Classes.

Class registration: Monday 1/27 – Friday 2/7.

STUDIO CYCLING AND YOGA

Get unlimited access to Studio Cycling and Yoga classes with a semester pass! Passes are on sale now for both Studio Cycling and Yoga. Prices are listed below:

<table>
<thead>
<tr>
<th></th>
<th>Studio Cycling</th>
<th>Yoga</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Member</td>
<td>$30</td>
<td>$60</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$50</td>
<td>$96</td>
</tr>
</tbody>
</table>

Not sure if you are ready to commit to a full semester? Pay for a one-time pass and come back to the Sales Office within 7 days to credit that pass towards the purchase of a full semester pass!

Cooking Classes

Perfect for date nights or just a fun night out with friends! All classes run from 6:30 – 8:30 p.m. Check out the upcoming classes below:

- Tuesday 2/11..................A Love Affair with Sweets
- Thursday 3/27................La Cucina Italiana

Want to plan a private cooking class for your next event? Contact Elena Fajardo e.fajardo1@umiami.edu for details.

CPR and First Aid Classes

We offer basic CPR, AED and First Aid training as well as a more advanced CPR for Health Care Providers. Class dates listed below:

- Heartsaver CPR with AED:
  - Tuesday, 3/25  5:30 – 7:30 p.m.
- Basic Life Support for Healthcare Providers:
  - Friday, 2/28  3:30 p.m. – 7:30 p.m.
  - Wednesday, 3/5  3:30 p.m. – 7:30 p.m.
- First Aid:
  - Wednesday 2/19  5:30 – 7:30 p.m.

The above classes have limited space and are available for online registration. You must pay at time of registration. If you wish to cancel, you must do so at least 24 hours in advance. No refunds will be given for cancellation within 24 hours.

FREE STUFF!!

Cycle 101

Want to try a studio cycling class but you don’t know where to start? Now you can try a FREE afternoon beginner class! You must be a Wellness Center member or a paying guest to participate. Classes are every Wednesday from 12:00 – 1:00 p.m. and Thursday from 11:15 – 12:00 p.m.

Community Classes

Limited time offer! From February 1st – February 7th members and non-members may participate in a community class of their choice (some restrictions apply). ONLY 1 class per person, space available. The following Community Classes are exempt from the free trial offer: Youth Aquatics, Pilates, Cooking, and CPR.

Meditation Classes

There is more to fitness than cardio and weightlifting. Take advantage of a free meditation class to work on your overall mental health. Registration for this class is required. Contact the Sales Office for details (305-284-5433) or register online.

Join us for our upcoming classes:
- Thursday, February 20th from 7:30 – 9:00 p.m.
- Thursday, March 20th from 7:30 – 9:00 p.m.
Q: My partner is a member of the Wellness Center and loves it. I don’t have a lot of time to make it over there to work out because of my work schedule. I’d like to do some exercises at home but don’t know what to do. Time is a factor and those videos like P90X scare me too much. I used to be an athlete in high school but those days are long gone. I’m pretty coordinated and in shape (I still run and bike), I just need some direction and inspiration. Thanks!

A: I’m sorry you haven’t had the opportunity to check out our WONDERFUL facilities. From what you’ve written, it sounds like you’ve got the cardio component of a fitness regimen down pat. We just have to figure a way to get you to do some resistance training. As long as you’ve been working out, this addition should be pretty smooth. I do want to recommend before starting any exercise program, that you consult with your physician. If that checks out okay, then you can begin.

One of the best exercise programs that someone can do with little time or equipment is interval training. This means you perform an exercise, either cardiovascular or resistance exercises, for a set amount of time. You will be using mostly body weight exercises which doesn’t sound very challenging however after a few sets it won’t be easy anymore. I’d like to offer you a fun challenge you can do at home this time of year. As football season winds down and basketball gets “mad” in March, we’re in this weird “awards show season” time of year. So I came up with a few exercises you can do while you’re watching an awards show. I picked the Academy Awards but feel free to make up your own criteria using the exercises listed below.

Acceptance speech = **planks**
Host changes wardrobe = 10 **burpees**
Musical performance = 50 **mountain climbers**
Someone shows a little too much skin = 15 **push-ups**
Someone brings an entourage on stage with them = **wall sit** for entire acceptance speech
Someone gets censored = 5 **tuck jumps** for each occurrence
Someone thanks God or parents = 20 **dips**
Someone says, “this is so unexpected…” = 20 **squats**

By the end of the awards show, you’ll deserve an award for most active TV watcher. I hope you have fun with your new workout. Enjoy!

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**STUDENT SECTION**

**Special Event Registration**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Deadline</th>
<th>Cost</th>
<th>Capts. Meeting</th>
<th>Play</th>
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</thead>
<tbody>
<tr>
<td>3-Point Shooting Contest</td>
<td></td>
<td>Free</td>
<td></td>
<td>Week of 2/3 @ Night</td>
</tr>
<tr>
<td>Pre-Season Softball Tournament</td>
<td>2/25</td>
<td>$20</td>
<td>On Site</td>
<td>2/28 @ 3 p.m.</td>
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<tr>
<td>Table Tennis Doubles Tournament</td>
<td>3/18</td>
<td>Free</td>
<td>On Site</td>
<td>3/20 @ 6 p.m.</td>
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<tr>
<td>Cornhole Tournament</td>
<td>3/25</td>
<td>Free</td>
<td>On Site</td>
<td>3/28 @ 3 p.m.</td>
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</table>

**Intramural Registration**

<table>
<thead>
<tr>
<th>Sports League</th>
<th>Deadline</th>
<th>Deposit</th>
<th>Captains Meeting</th>
<th>Free Agent Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Soccer</td>
<td>2/11</td>
<td>$40</td>
<td>2/13 @ 5:30 p.m.</td>
<td>2/11 @ 5:00 p.m.</td>
</tr>
<tr>
<td>Sand Volleyball</td>
<td>2/25</td>
<td>$40</td>
<td>2/27 @ 5:30 p.m.</td>
<td>2/25 @ 5:30 p.m.</td>
</tr>
<tr>
<td>Softball</td>
<td>2/25</td>
<td>$40</td>
<td>2/27 @ 6:00 p.m.</td>
<td>2/25 @ 5:00 p.m.</td>
</tr>
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**Upcoming Events**

**Event:** UM Men’s Club Lacrosse season opener game against FIU
**Location:** Cobb Stadium
**Date/Time:** Friday, February 7th, 7 p.m.
**Admission:** Free

**LATE NIGHT PROGRAMMING**

**Event:** Volleyball tournament held by UM Wishmakers organization. All proceeds from the entry fees goes to the Make-a-Wish foundation. Any student group can enter the tournament (6 people per team).
**Location:** Wellness Center main gym
**Date:** Sunday, February 23rd
**Time:** 7 p.m.
**Admission:** $40 until Feb. 14th/ $50 after
**Contact:** Zachary Mahoney at 224-715-7383 or umwishmakers@gmail.com
Patti, BBA ’57, and Allan Herbert, BA ’55 MBA ’58, a couple who met their first week of school at UM, fell in love and married, have established an endowment for CHAMP (‘Canes Health Assessment and Motivation Program). In recognition of their gift, the bridge in front of the Herbert Wellness Center was named the Love Bridge to commemorate their love for the University and each other. Since 2002, people have purchased bricks to celebrate a variety of occasions—graduations, marriage proposals, and anniversaries are just a few examples. For a minimum $500 donation, you can commemorate your special event with your very own personalized brick. Proceeds from the sale of the bricks support the CHAMP endowment established by Patti and Allan Herbert. Pictured on the bottom right: UM graduates of the class of 2008 Jorge & Ashley who fell in love at UM, and were married in June 2013.

For more information, call 305-284-8512 or email wellnesscenter@miami.edu.