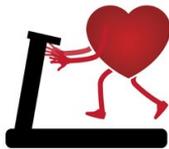


# WELLNESS NEWSLETTER

## VALLEY FITNESS & RACQUET

### February is Heart Health Month!



February is Heart Month—the perfect time to learn about your risk for heart disease and the steps you can take now to help your heart! Heart disease is the leading cause of death for both men and women in the U.S. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). Some other risk factors include obesity, physical inactivity, and unhealthy eating patterns.

Talk to your doctor about your health risks for heart disease, talk to your family about their heart health history and start taking steps today to creating a healthy heart!

Manage your conditions like high blood pressure and high cholesterol

Make heart-healthy eating changes by loading your plate with fruits & veggies

Stay active by aiming for a minimum of 150 minutes of physical activity per week

If you don't smoke, don't start. If you do smoke, learn how to quit

Sources: [www.cdc.gov](http://www.cdc.gov) & [www.healthfinder.gov](http://www.healthfinder.gov)

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### Employee Spotlight!

#### Carley Schmit—Fitness Professional

If only Valley had a piano or trumpet around the gym, Carley could provide the workout music for us!



1. If you could only eat one food for the rest of your life, what would it be? - **Chicken Pot Pie**
2. If you could have one superpower, which would you choose? - **The ability to fly**
3. Can you play any instruments? - **I'm not sure if I can play them anymore, but I used to play the piano and the trumpet.**
4. If you won a trip to go anywhere on earth, where would you go? - **Germany or Jamaica**
5. Have you ever had any serious injuries? - **I got a stress fracture in my hand from a guy running into me and taking me out in a soccer game**