

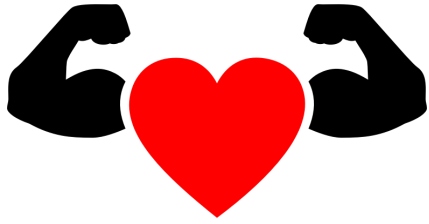
S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by IUP Health Service, a part of the Center for Health & Well-Being

February 19, 2024

February is **Heart Month!**



LOVE YOUR HEART!

NURTURE IT BY DOING MORE OF WHAT IT LOVES



5 numbers you should know for a Healthy Heart!



1. BMI (Body Mass Index)

18.5-24.9 Normal
25.0-29.0 Overweight
Over 30 Obese

2. Waist Size

(measure at belly button)

Women less than 35
Men less than 40

3. Blood Pressure

Top number under 120
Bottom number under 80

4. Cholesterol

Total number less than 200



5. Blood Sugar

Less than 100 (fasting)

Do these MORE

- Eat more fruits and veggies in a rainbow of color
- Choose more whole grains breads, pasta and tortillas rather than the white version
- Select lean proteins like fish and beans, chicken without the skin
- Get more sleep-7-9 hours/night
- Aim for more movement-stretching. Work up to 30 minutes most days of the week



Do these LESS

- ◆ Eat less fried food-Opt for baked, broiled or steamed instead
- ◆ Avoid salty, processed food-check labels and go for low sodium
- ◆ Stress less-set boundaries on your time and energy. Learn healthy ways to deal with stress
- ◆ Sit less- add movement to your day, short walks, just get up and move around more
- ◆ Use less nicotine and alcohol. Quit tobacco or vaping today!



Don't know your weight or blood pressure? Stop in to Health Service & get them checked today!!

IUP Health Service
Center for Health and Well-Being
901 Maple Street, Suite G65
Indiana, PA 15705
Phone: 724-357-2550
Health-inquiry@iup.edu

TIPS FOR HEALTHY SLEEP

NO



YES

