Are you following Life’s Simple 7?

Life's Simple 7 are seven steps outlined by the American Heart Association that anyone can take to reduce their risk of heart disease. Heart disease is the leading cause of death in the U.S.—killing more than all cancers combined. You may be at risk and not even know it! Because February is American Heart Month,

- One of the most important things you can do to reduce your risk of heart disease is to stop smoking. According to the CDC, smoking raises triglycerides and cholesterol, causes thickening and narrowing of blood vessels, and damages cells, all of which increase likelihood of heart disease. You can reach out to the Working Well office about tobacco cessation.

- Inactivity is another risk factor for heart disease. Adults should aim for at least 150 minutes of moderate-intensity physical activity per week. Especially if you sit at a desk for a majority of your day, take short activity breaks every 30 minutes or so to keep your body moving.

- Cholesterol is another risk factor of heart disease. High “LDL” or “bad” cholesterol can lead to blockages, or plaques, that block arteries and inhibit blood flow—leading to heart attack or stroke. In addition, high blood pressure can damage your heart, kidneys, and arteries. Have your cholesterol and blood pressure checked by your doctor, or schedule an appointment on one of Working Well’s biometric screening days to learn what your numbers are.

- Eating healthy and losing weight are other major ways you can impact your heart health—eating well and staying active are the best way to lose weight, and will help you achieve the other Simple 7 as well! Keep your sodium levels within recommended guidelines, consume a variety of whole foods, including at least 5 servings of fruits and veggies each day, and choose more unprocessed whole grains than refined grains.

- If you need to lose weight, set realistic goals to get and keep the weight off. Check out Working Well’s Diabetes Prevention Program for support and accountability as you learn to live a healthier lifestyle, reduce blood sugar, and prevent diabetes while also reducing your heart disease risk. You can also reach out for health coaching with our office if you want individualized support.

Remember that you don’t have to accomplish all 7 overnight. Make small changes every day for your heart health! What will you pledge to do this month?
Join the LifeWorks “Let’s Get Physical” Exercise Challenge!

This four-week challenge starts Monday, February 26, 2018 and ends Monday, March 26, 2018.

**GOAL:** Your goal is to exercise 150 minutes per week. Any type of exercise activity counts, from walking to swimming to doing chores. Several easy options are available for logging your minutes of physical activity.

<table>
<thead>
<tr>
<th>Sign up Period:</th>
<th>February 12—March 4 on the LifeWorks Wellness site.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenge Begins:</td>
<td>February 26</td>
</tr>
<tr>
<td>Challenge Ends:</td>
<td>March 26</td>
</tr>
</tbody>
</table>

Click on **Wellness Tools under the Life menu**. When you’ve opened the LifeWorks Wellness site, sign up for the challenge (complete your profile if you are not currently registered).

On **February 26** begin tracking your exercise under “Track Exercise” in the top navigation bar or in the tracking tools.

**Completing this Lifeworks challenge is worth 4 LiveWell incentive points!**

**Community Coloring**

Did you know that research shows coloring mandalas or geometric patterns can reduce stress and anxiety levels?

Each month, Working Well will be partnering with Wellness Ambassadors to promote a Stress Buster activity. This month we are offering all of campus the opportunity to participate in a community coloring activity. Coloring posters will be in various locations on campus throughout the month. You can also **contact your Wellness Ambassador** or Working Well for an individual mandala coloring sheet and to learn more about Stress Busters.

Associate Professor Jeff Brackett, PhD, from the department of Philosophy & Religious Studies is partnering with Working Well to provide the artwork for the coloring activities.

Stop by to color a section of the poster and relieve some stress!

- **February 6th, 7th, and 8th** in the Student Center
- **February 15th and 16th** in the Letterman Building Concourse
- **February 20th, 21st, and 22nd** in the Atrium

**Gratitude is the Best Attitude**

Ball State employees had the opportunity to participate in a 21-day gratitude challenge between Thanksgiving and the end of January. The challenge emphasized expressing gratitude for self, others and your community. In addition, Wellness Ambassadors had the opportunity to create a Gratitude Grafitti wall in their work area. Coworkers were encouraged to post something they were thankful for each day. Employees from the Graduate School (bottom) and Information Technology Services (top) took part in the activity.

Even though the challenge has ended, it’s never a bad time to express gratitude! If you would like to use the resources in this challenge, contact Working Well!
What’s Happening This Month?

**Lunch and Learn—You Will Retire Someday—Will You Be Ready?**

**Date:** Monday, Feb 5 @ 12:00pm—1pm  
**Where:** Bracken Library (BL) 104  
**What:** Whether you plan to retire soon or several years from now, you want to be ready. Join us to learn about ways to get your retirement planning on track. Andy Marsh, from Fidelity, and Ben Apraez, from TIAA, will share the hour to talk about how you can get on track for retirement and provide an overview on the basics of investment strategy.

**Health Check @ The Retreat**

**Date:** Wednesday, Feb 7 @ 11:30am—1pm  
**Where:** The Retreat @ Noyer  
**What:** Free blood pressure and body composition checks available. Grab a new recipe and enjoy a free sample of food!

**Meditation in the Museum**

**Date:** Friday, Feb 9 and Friday, Feb 23  
**Where:** David Owsley Museum of Art—Meet in front of the Amida Buddha  
**What:**  
- Feb 9: Coloring Your Stress Away  
- Feb 23: Compassion—Improving Your Relationship with Self and Others  
Each session lasts about 45 minutes to 1 hour. No registration needed, simply stop by. No experience needed. A towel, blanket, or yoga mat is recommended.

**Lunch and Learn: Gut Health—Prebiotics & Probiotics**

**Date:** Thursday, Feb 15 @ 12:30pm  
**Where:** Student Center (SC) 306  
**What:** You have probably heard a lot of talk about probiotics—and more recently prebiotics. But what are they? Learn more about prebiotics and probiotics, including food sources and potential health benefits, at this lunch and learn.

**Biometric Screening**

**Date:** Friday, Feb 16  
**Where:** Working Well, Health Center (HC) rm 004  
**What:** Schedule your free biometric screening. Includes cholesterol, triglycerides, blood sugar, blood pressure, height and weight. Results are available same day.

**Lunch and Learn: Score More: How to understand and boost your credit score**

**Date:** Wednesday, Feb 21 @ 12:00  
**Where:** Bracken Library, Ed Resource Room 2  
**What:** Join us to breakdown myths about your credit score. Learn why this score counts and how you can make the most of it! Ball State Department of Finance and Insurance faculty, Olga McAtee, will share her expertise with us. Contact Working Well to register.
Your actions today could lead to financial well-being tomorrow

No matter what path you take in your career, all roads ultimately lead to retirement. The big questions are how much money will you need and how will you replace your income when you get there?

The answers depend on what matters most to you. Perhaps it’s where you’ll live. Maybe it’s places you’ll visit. You may need to care for loved ones or want to leave a legacy. Whatever path you take, there are savings and investing strategies that can help you pursue your long-term financial goals. No matter how much or how little money you can save, it’s important that you start now and stay invested for your future.

3 Key Steps to Reaching Your Financial Goals:
1. **Map your income and expenses** so you can see where you may have opportunities to reduce spending and put more aside toward savings goals.
2. **Write down each of your goals** and decide which are essential and which are nice-to-haves, then prioritize each according to its importance to you.
3. **Match each goal to a time frame**, estimate how much each is likely to cost, and make sure your total cost lines up with the total amount you have available to save.

Your Ball State University Retirement Plan offers a range of investment options, educational resources and other tools to help you pursue your financial well-being. It’s never too early or too late!

**Join the Common Cents Financial Wellness Challenge!**
Contact Working Well to receive your challenge packet.

---

**Working Well Fitbit Leaderboard**

Do you have a Fitbit?


<table>
<thead>
<tr>
<th>Ball State University Working Well Fitbit Community Group— January</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tonya P.</td>
</tr>
<tr>
<td>Alex M</td>
</tr>
<tr>
<td>Judy K.</td>
</tr>
<tr>
<td>Jason T.</td>
</tr>
<tr>
<td>Stepfanie M.</td>
</tr>
</tbody>
</table>

---

**Contact Us**

**Working Well Program**
Amelia T. Wood Health Center 004
765-285-9355 Fax: 765-285-8136
workingwell@bsu.edu

**Health Coaching**
Jenni Flanagan
765-285-3023
jflanagan@bsu.edu

**Nutrition Counseling**
765-285-2045
askanrd@bsu.edu