This month’s theme: Heart Health

Check out how you can improve your health, join the fun, and enter in a chance to win:

(3) $100 Amazon gift cards
(5) $20 Amazon gift cards
This month's theme: HEART HEALTH

Here is how you can improve your wellness and get entered into a raffle for:
(3) $100 Amazon gift cards
(5) $20 Amazon gift cards

1 point:
- Eat a HEART-Y breakfast
- Do a stress-relieving activity
- Swap out sweet snacks
- Increase omega-3 consumption (fish, walnuts, flax)
- Increase potassium intake (banana, avocado)
- Go for a power walk
- Do something that makes your heart happy
- Stretch daily
- Check your blood pressure
- Check out the CU Anschutz health and wellness center
- Play your favorite sport
- Organize your work space to be more stress free
- Wear red on Fridays of February
- Talk about heart health with a loved one
- Practice self-love
- Take an exercise class
- Sign up for Wellness Walks

5 points:
- Attend a Student Health Promotion Committee Meeting
- Get 150 minutes of aerobic activity a week
- Do three - 20 minute weight training sessions a week
- Get a blood pressure screening
- Choose an active commute
- Join a class at Anschutz Health and Wellness Center

10 points:
- Attend Time to Ungrind (2/6)
- Join Relay for Colfax Marathon
- Take a CPR course
- Take Narcan Training
- Stop the Bleed Training (2/21)
- Get screened for heart disease
- Attend the interpersonal violence group lunch and learn

10 points = 1 raffle ticket