In honor of National Heart Month, we are bringing you these simple ways to use your heart a little every day. These ideas are provided by the American Heart Association. Visit them at www.americanheart.org.

1. Stand up while talking on the telephone
2. Take the stairs instead of the elevator, or get off a few floors early and take the stairs the rest of the way
3. Walk the dog
4. Park farther away at the mall and walk the extra distance
5. When golfing, walk instead of using the cart
6. Dance with someone or by yourself.
7. Plan family outings and vacations that include physical activity (hiking, biking, swimming, etc.)
8. Participate in a recreation league or start one of your own
9. Make a date with a friend and enjoy your favorite physical activities; do them regularly!
10. Walk around the building for a break during the work day or during lunch
11. When walking, pick up the pace from leisurely to brisk
12. Walk while waiting for the plane at the airport
13. Instead of asking someone to bring you a drink, get up off the couch and get it yourself
14. At a picnic, play badminton instead of croquet.

Support the American Heart Association
- Wear RED February 5th to show your support for the fight against heart disease
- Join the Start Heart Walk Heskett Team: Shelley's Healthy Shockers
- Hang a Heart at the Heskett—make a donation at the front desk.

Camp WU Shock
Camp WU Shock is back for the spring semester! An exciting, family-friendly program designed to keep children ages 5 to 12 involved, active, and safe on their days off from school. Campers will experience a variety of sport activities and games with an emphasis on fun, learning, and participation.

Camp WU Shock dates will coincide with USD 259 school days. February dates are Friday the 12th, Monday the 15th, Tuesday the 23rd, and Wednesday the 24th. Registration is ongoing and space is limited.

Lap Swimming
Lap swimming is an awesome workout for your entire body! Could you use some tips to improve your stroke? Monday, February 8th, Sheana Clark will be leading a stroke clinic in the pool from 7:00-8:00 pm. The clinic is only $5 for members and will also have areas where that can be reserved to have cake and ice cream and open presents. The cost is only $3.00 per child that attends. If you have any questions contact John Lee at 978-5289 or e-mail john.lee@wichita.edu.

Drop in for only $4.00!
Are you interested in Fitness/Staff fitness classes but can't commit on a time or what to take?
Drop in and take a class for $4.00 a session.

Blood Drive
There is a 97% chance you or someone you know will need blood. Donate blood right here on campus. WSU and the American Red Cross are hosting the spring blood drive to be held at the Heskett Center.
- Monday, March 1 – 10:45 – Heskett Lobby
- Tuesday, March 2 – 10:45 – Heskett Lobby

Appointments: taken every 15 minutes. - call 316-268-0855 or visit www.givelife.org to set up yours.
Walk-ins welcome.
Even if you can not give blood, you can still make a difference by donating your time to work the blood drive. If you would like to volunteer to help with the blood drive please call Sally at 978-3286.