Protect your heart in more than one way this Valentine’s Day
Happy National Heart Month!

**Eat Smart.**
- Take time to sit down and eat
- Limit sodium intake
- Include high fiber foods
- Focus on smaller portions
- Consume lean protein (beans, chicken, turkey, nuts)
- Stick to healthy fats (avocado, nuts, seeds, fatty fish)
- Avoid processed foods

**Add Color.**
- Add fruit and veggies
- **Eat a rainbow**
- A single serving of fruit is cheaper than a vending machine snack
- Buy in bulk and freeze to save money
- Roast/grill/sauté your fruits and veggies

**Move More.**
- Do a 5-10 minute full body warm up
- Prepare for the weather
- Get the whole family involved
- Break up workout into segments if needed
- Get at least 22min/day
- HYDRATE
- **Walk your way to heart health!**

**Be Well.**
- Perform mindful meditation, even for 1-2 minutes
- **Focus on healthy stress outlets**
- Sleep and relax when you need to
- Prioritize self-care

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**Blue Ribbon Campaign**

Keep your eyes peeled for individuals wearing blue ribbons on campus. During January the Blue Ribbon Campaign started on campus to extend gestures of gratitude, appreciation, and thanks. The idea behind the campaign is to show others how they have made a difference in your life. **You can find Blue Ribbons on the bulletin board near Bunche.**

Grab a couple of ribbons so you can help spread appreciation around campus TODAY.
**Employee Spotlight**

**Joan deAlbuquerque**  
Director of Bands

**Do you try and incorporate exercise into your daily routine? If so, what does that look like?**

I work out 4x per week. I am usually on my treadmill and sometimes incorporate hand weights. Rarely but occasionally I will work out to a video. I’m also taking dancing lessons so that has helped my exercise as well using different muscles than I’m used to using. Of course, with conducting, my arms are constantly moving above my heart which I know is good for my health.

**What is your perspective on holistic wellness (mind, body, spirit, etc.)?**

I think it all are important and to achieve this I pray often. I find that prayer keeps my mind, body and spirit in communion with each other. The mind I find I enjoy stimulating by studying (especially music score studying). My body works well with my exercise, and my spirit is stimulated by attending church and daily prayer.

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**My Plate Calorie Tracker**

Check out this [app](#)

MyPlate is not just tracking calories – it is getting smart about your diet and nutrition. Want to know exactly how much sodium you consumed today? Cholesterol? Sugar? Calcium? MyPlate’s daily nutrition charts and graphs give you everything you need to know.

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**Avocado Brownies**

A healthy and delicious recipe for avocado brownies! Replace oil or butter with heart-healthy avocados for a delicious and nutritious dessert.

- 1 large avocado
- 1/2 cup unsweetened applesauce
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 3 large eggs
- 1/2 cup coconut flour
- 1/2 cup unsweetened dutch-processed cocoa powder*
- 1/4 tsp sea salt
- 1 tsp baking soda

**Directions**

1. Preheat oven to 350 degrees F.
2. In a blender or food processor combine avocado, applesauce, maple syrup and vanilla.
3. Add these ingredients to a large bowl and whisk in eggs.
4. Add in coconut flour, cocoa powder, sea salt and baking soda and stir until well-combined.
5. Grease an 8 x 8 inch baking dish with coconut oil and add batter.
6. Place in oven to bake for 25 minutes (slightly less for fudgier brownies or slightly longer for more cake-like brownies).
7. Allow to cool for 20 minutes before cutting into 16 brownies.
8. Keep them on the counter in an airtight container at room-temperature for up to 2 days or for a longer shelf-life store in the fridge or freezer.

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**Eat Well Be Well Printable Recipe Card**

Just print this page, cut, and fold for a 3x5 recipe card

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**Toe Touch**

Check out this [Exercise](#)

Get moving and incorporate this great core exercise into your routine. Your abs and your heart will thank you!