Go Red Week: February 12th - 17th 2017

Atlanta Campus

Monday, February 12th

Physical Activity Day
Time: All Day
Location: Sheffield Gym
Other than not smoking, getting regular exercise is the number one thing you can do for your heart. Enjoy a workout at the Sheffield Gym and enter your name in our raffle drawing for great prizes (drawing at the end of Go Red Week).

Tuesday, February 13th

Healthy Eating Day
Time: All Day
Location: Anywhere
Want to show off your heart healthy meal? Email a picture of your breakfast, lunch, or dinner to sheffieldgym@gmail.com to be entered in our raffle drawing for one of several great prizes (drawing at the end of Go Red Week).

Wednesday, February 14th

Qigong Class
Time: 12:10pm – 12:50pm
Location: Sheffield Gym, Group Fitness Room #206
Got stress? Qigong is an activity that has been linked to reducing stress as well as improving overall health, balance, and mental wellbeing. Qigong uses gentle physical postures, breathing, and focused attention in what has been called a moving meditation. All poses are standing. Participants should wear comfortable clothes (work attire is fine) and flat, soft soled shoes.
Thursday, February 15th

Mini Health Fair
Time: 4pm-5:30pm
Location: Sheffield Gym
Students from the Health Sciences Department will be offering several health screenings including blood glucose and blood pressure. In addition, fitness assessments will be offered by students from the department of Physical Therapy. Students, faculty, staff, and community members are welcome!