Go Red Week: February 12\textsuperscript{th} -17\textsuperscript{th} 2017

\textit{Regional Academic Centers}

\textbf{Monday, February 12\textsuperscript{th}}

\textbf{Healthy Snacking}

\textbf{Time:} 4:30pm – 7pm  
\textbf{Location:} Douglas Center, Student Lounge  
Eating a diet rich in fruit may reduce the risk for stroke, cardiovascular disease, and type 2 diabetes. Show your heart the love by enjoying a fruit snack in the Student Lounge.

\textbf{Healthy Heart Poster Contest}

\textbf{Time:} Deadline for submission is 8:30pm on Thursday, 2/15  
\textbf{Location:} Atlanta Center, First Floor Atrium  
Show your creativity when it comes to heart health. Create a heart healthy poster (limit 5 people per group) with a theme of your choice. Materials, including butcher paper, crayons, markers, and pencils will be available in the First Floor Atrium. Submit your poster by 8:30pm on Thursday (2/15); judging will take place on Friday. The winning poster, including artists, will be displayed and prizes awarded.

\textbf{Healthy Habits}

\textbf{Time:} 4:30pm – 7pm  
\textbf{Location:} Henry Center, Student Lobby  
Join us, as we promote healthy eating habits! Fresh fruit and veggies will be available for students and faculty in the student lounge. Be sure to grab a healthy snack alternative information brochure to take with you.
Heart Health Awareness & Red Ribbon Campaign
Time: 5pm – 8:45pm
Location: Macon Center, Stetson Hall
Review heart health literature that will be the basis for our Thursday Trivia Contest. Grab a red ribbon to wear as well as healthy snacks including water, fruit, herbal tea, granola bars, and nuts.

Tuesday, February 13th

Activity Breaks
Time: 4:30pm – 7pm
Location: Douglas Center, Student Lounge
Take a break and get moving! All students, faculty, and staff are invited to take a brief walk around the campus at break times.

Breathing Wellness Tools
Time: 4:30pm – 7pm
Location: Henry Center, Student Lobby
At break, we will embrace relaxation techniques to reduce stress. Faculty and staff are encouraged to join us in Building Wellness Tools to take home with you.

Wear Red Night
Time: 5pm – 8:45pm
Location: Macon Center, Stetson Hall
Show your support for heart health awareness by wearing red to class.

Wednesday, February 14th

Smoothie Bar
Time: 4:30pm-7pm
Location: Douglas Center, Student Lounge
Think you don’t have time for a healthy meal? Yes you do! Learn more about healthy eating and enjoy healthy smoothie options that can serve as a quick meal replacement including fruits and vegetables
Red Runway for a Noble Cause
Time: 7pm
Location: Henry Center, Student Lobby
Inviting ALL faculty, students and staff, to break out their best red outfit to compete for the “Best Red Outfit Trophy” by participating in our GO RED for Women contest!

Activity Breaks
Time: 5pm – 8:45pm
Location: Macon Center, Stetson Hall
Take a break and get moving! All students, faculty, and staff are invited to take a brief walk around the campus at break times.

Thursday, February 15th

Jump Rope Contest
Time: 4:30pm-7pm
Location: Douglas Center, Student Lounge
Jumping rope is a great aerobic workout that burns between 10 and 16 calories per minute. Join your fellow students for a jump rope contest to see who can master this classic workout.

Blending Fruits & Veggies for a Healthy Life
Time: 4:30pm – 7pm
Location: Henry Center, Student Lobby
A healthy outside, starts from the inside. Stop by and try a few new recipes, as we offer samples of our favorite smoothie recipes of fresh fruits and vegetables. Recipe cards will be provided to take home.

Test Your Heart Smart: Trivia Contest
Time: 5pm – 8:45pm
Location: Macon Center, Stetson Hall
Test your heart health knowledge with our Trivia Contest. Be sure to grab heart health literature and brochures on Monday.