

# LiveWell Newsletter



## February - Physical Wellness

Promote and support positive, safe, and sustainable habits that take care of the body for optimal health and functioning.

## Wellness Week 2022

February 21 – 25

To see a full schedule of events, go to  
<https://www.coastal.edu/livewell/initiatives/events/>



**You Livewell  
 article of the month:**  
 Click on the  
[newsletter to see!](#)

### Cardio for the Heart and Mind



#### Heart Healthy Practices:

- Eat a healthy diet
- Drink plenty of fluids
- Move your body regularly
- Get plenty of rest
- Practice self-care
- Manage stress
- Get regular physical check-ups
- Ask for help when needed

### Healthy foods: Fish

Fish is a great place to turn for a boost of omega-3 and omega-6 fatty acids. The American Heart Association recommends eating at least two servings of fish, particularly fatty fish, each week. Go for salmon, mackerel, herring, lake trout or albacore tuna.

Heart benefits: Omega-3 and omega-6 fatty acids have been shown to help support heart health, especially when they replace saturated fat. Bonus: Four ounces of fish contains about 17 grams of filling, muscle-building protein.

Looking for a heart healthy recipe? Here's one:

#### Grilled Salmon and Panzanella Salad

[Link Attached Below!](#)

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