

February is Heart Health Month. Heart disease is the leading cause of death for both men and women in the United States. Fortunately, heart disease is preventable. Follow these heart-healthy tips from MUW's Campus Recreation to keep your heart at its healthiest!

- Attend a cardio Rec Fitness class at least four times a week. Try a new class!
- Release stress, anxiety and muscle tightness that leads to pain by participating in Rec Fitness classes like Yoga with “the siblings” Marion, Ann, and Peppy, and Foam Rolling with Melissa.
- Release your inner rockstar with the Rec Fitness class POUND. There are three POUND classes per week to choose from.
- Get your heart rate up 70-85% four to five times per week. Join a group fitness class for fun, variety, and results.
- Engage in social activities with friends without alcohol. Exercise is a great way to socialize!
- Spend time in prayer or meditation for at least 10 minutes per day.
- Decide to quit smoking.
- Know your numbers! Keep track of your cholesterol, blood pressure, and blood sugar levels.
- Eat a heart-healthy diet. Add fruits and veggies to increase your fiber, lower your salt intake, and limit your consumption of red meat, sugar, and unhealthy fats.
- Enjoy a piece of dark chocolate every once in a while! Studies show that eating dark chocolate in moderation can help prevent heart disease.

RecFitness Schedule Spring 2018 Schedule

JAN 22ND - APR 27TH

RecFitness - Stark 202

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 7:45 AM			Pulse Pointe Barre™		
8:00 - 8:45 AM	HydroTone (pool)			HydroTone (pool)	
12:30 - 1:00 PM	Body Sculpt		Pulse Pointe Barre™		POUND®
12:30 - 1:15 PM		Yoga		Yoga	
4:15 - 5:00 PM	POUND®	KNOCKOUT	PowerHouse	J's Functional Fitness	
5:15 - 6:00 PM	Pulse Pointe Barre™	Dance Fitness w/ Abbey	Foam Roller Fitness	POUND®	
6:15 - 7PM PM		R.I.P.P.E.D		TBA	

*Recfitness Kickoff- Jan 18, 2018. Aerobic Studio @ 5:30 PM - 7:00 PM

*Spring 2018 Schedule begins- Jan. 22, 2018

**Classes and instructors are subject to change without notice.



Questions? Contact Campus Recreation
campusrecreation@muw.edu 662.241.7494

Banana Bread Baked Oatmeal Cups



3c old fashioned oats
1 tsp baking powder
1.5 tsp cinnamon
.25 tsp salt
.25 c light brown sugar
.25 c chopped pecans
2 bananas, mashed
1.5 c skim milk
1T coconut oil, melted (or canola oil)
1T vanilla

Preheat oven to 350 degrees. Prepare a 12-well muffin pan with cooking spray.

In a medium bowl, mix first 6 dry ingredients together. In a second bowl, mix remaining 4 wet ingredients together. Add wet ingredients into dry and mix until combined. Divide mixture between cups.

Bake for 25-30 minutes until golden brown.

Nutrition Info (per muffin cup): 139 calories, 22g carbohydrates, 4g fiber, 4g fat, 5g protein

J's Functional Fitness with Ryder Williams

*J's Functional Fitness encourages participants to consider themselves athletes during class and also through life. This co-ed class is designed to be challenging and beneficial to everyone. **Thursdays at 4:15 p.m.***



Clean and Jerk

The first Olympic lift is called the Clean and Jerk. Starting from the ground in a dead lift position, the athlete pulls high on the bar and catches the bar in the front rack position, and then takes the bar straight up overhead.

Living W Well
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