

# February 2025 **BENEFIT U**

**Mantra: Love Your Heart, Live Your Best!**

**Sunday**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**



Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

This Heart Month, let's take a proactive approach to well-being because a healthy heart powers a thriving life! Commit to one heart-healthy daily habit, like a 10-minute walk, staying hydrated, or 10-minutes of gentle stretching. Small steps add up to big changes, so track your progress and celebrate your wins!

**Bonus: Heart Health Saturday Challenge!**  
 Movement is one of the best ways to strengthen your heart, lower blood pressure, and reduce stress. Each Saturday, challenge yourself to be active, prioritize movement, and show your heart some love!

**1 HEART HEALTH SATURDAY: GO FOR A 30 MINUTE WALK!** WALK WITH A FRIEND, NEIGHBOR OR FAMILY MEMBER. MOVEMENT AND CONNECTION IS GREAT FOR YOUR HEART!



**2 YOUR CITY. YOUR FUTURE. YOUR VOICE.** SHARE WHAT MATTERS MOST TO YOU AND HELP SHAPE SAVANNAH'S FUTURE BY TAKING THE [SAVANNAH GPS SURVEY](#). ATTEND A COMMUNITY MEETING TO BE PART OF THE CONVERSATION. [CLICK HERE FOR DETAILS](#).

**3 LET'S BE ACTIVE!** THE AMERICAN HEART ASSOCIATION RECOMMENDS AIMING FOR 150 MINUTES OF MOVEMENT EACH WEEK TO SUPPORT HEART HEALTH. TAKE ADVANTAGE OF EXCLUSIVE [FITNESS DISCOUNTS AND PARTNERSHIPS AVAILABLE TO YOU](#) TO HELP YOU STAY ACTIVE!

**4 WHY NOT TACKLE HEART HEALTH TOGETHER?** TAKE DAILY WALKS, ENJOY RAINBOW-INSPIRED MEALS, AND TRY CHALLENGES THAT ARE AS FUN AS THEY ARE HEALTHY.  
  
[10 SIMPLE & FUN WAYS TO BOOST YOUR HEART HEALTH THIS MONTH!](#)

**5 KNOWLEDGE IS POWER.** UNDERSTANDING YOUR RISK FOR **HEART ATTACK** ALLOWS YOU TO TAKE PROACTIVE STEPS TOWARDS PREVENTION RATHER THAN TREATMENT. [LEARN SMALL STEPS YOU CAN TAKE TO PROTECT YOUR HEART FOR THE LONG RUN](#).

**6 GET A HEAD START ON YOUR [SAV4 HEALTH WELLNESS ACTIVITIES!](#)** REGULAR CHECKUPS ARE KEY TO HEART HEALTH. MONITORING YOUR **BLOOD PRESSURE, CHOLESTEROL, AND GLUCOSE** CAN HELP DETECT ISSUES EARLY AND KEEP YOUR HEART STRONG!

**7 WEAR RED DAY:** HEART DISEASE ACCOUNTS FOR 1 IN 5 DEATHS. SPREAD AWARENESS AND SHOW YOUR SUPPORT FOR HEART HEALTH BY [WEARING RED TODAY!](#)



**8 HEART HEALTH SATURDAY: TRY SOMETHING NEW!** TAKE A FITNESS CLASS YOU'VE NEVER TRIED BEFORE - YOGA, SPIN, DANCE, PILATES - OR ANYTHING THAT CHALLENGES YOU IN A POSITIVE WAY.

**9 THE GROUNDWORK FOR ALL HAPPINESS IS GOOD HEALTH.**

**10 TAKE A STEP TOWARD BETTER HEALTH!** [WALKING](#) IS ONE OF THE MOST POWERFUL WAYS TO PROTECT YOUR HEART, LOWER STRESS, AND BOOST OVERALL WELL-BEING. JUST 30 MINUTES A DAY CAN IMPROVE CIRCULATION, REDUCE BLOOD PRESSURE AND STRENGTHEN YOUR HEART.

**11 COMPLETE YOUR CONFIDENTIAL [BREAST CANCER SCREENING TODAY!](#)** AT THE TELFAIR MOBILE MAMMOGRAM CLINIC AT THE SAVANNAH CIVIC CENTER. **CALL 912-819-6140 TO SCHEDULE YOUR APPOINTMENT.**



**12 [WHAT'S UP WEDNESDAY: THE POWER OF FEEDBACK.](#)** JOIN ANDREA ALLEN FOR AN INTERACTIVE SESSION ON GIVING, RECEIVING, AND USING CONSTRUCTIVE FEEDBACK TO FOSTER PERSONAL AND TEAM GROWTH.  
 • 11 A.M. – 12 P.M.  
 • EARN 1 TRAINING HOUR!

**13 SKIP THE SALT: REDUCE SODIUM IN YOUR DIET TO KEEP BLOOD PRESSURE IN CHECK.** THE DAILY RECOMMENDED SODIUM INTAKE IS 2300 MILLIGRAMS, BUT MOST HEALTH EXPERTS RECOMMEND AIMING FOR 1500 MILLIGRAMS PER DAY, TO HELP MANAGE BLOOD PRESSURE.

**14 SHARE WHY HEART HEALTH MATTERS TO YOU!** WHAT ARE YOU DOING THIS MONTH TO **LOVE YOUR HEART, LIVE YOUR BEST?**  
  
 EMAIL YOUR HEART HEALTH STORY TO [LAUREN.WILSON@SAVANNAHGA.GOV](mailto:LAUREN.WILSON@SAVANNAHGA.GOV) WE'D LOVE TO HEAR FROM YOU!

**15 HEART HEALTH SATURDAY: GET OUTSIDE & MOVE!** GO FOR A BRISK WALK, BIKE RIDE, OR OUTDOOR WORKOUT IN A PARK. FRESH AIR AND NATURE ARE GREAT FOR HEART HEALTH.

**16 [FREE YOGA FLOW AT EASTERN WHARF:](#)** JOIN OTIUM MOVEMENT STUDIOS FOR A FREE MINDFUL VINYASA FLOW IN THE PARK.  
 • 10:30 – 11:30 A.M.  
 • 201 PORT STREET



**17 CITY OFFICES ARE CLOSED IN HONOR OF PRESIDENTS DAY**  
  
**"THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT."**  
 - ABRAHAM LINCOLN.

**18 TAKE A STRETCH BREAK:** MOVEMENT, EVEN LIGHT, CAN IMPROVE CIRCULATION AND EASE TENSION.  
  
 CHECK OUT STRETCH ZONE: [A FREE 30 MIN. STRETCH IS WAITING FOR YOU!](#)

**19 LAUGH OUT LOUD:** DON'T JUST LOL IN YOUR TEXTS, LAUGH IT OUT IN REAL LIFE! LAUGHING CAN LOWER STRESS HORMONES AND DECREASE INFLAMMATION IN YOUR ARTERIES.

**Thriving Thursday's**  
**[HEART HEALTH 101:](#)** LEARN ESSENTIAL TIPS ON HEART HEALTH TO KEEP YOUR HEART STRONG.  
 • [REGISTER](#) TO ATTEND IN PERSON OR VIRTUALLY.  
 • 11:00 - 11:30 A.M. | SPD TRAINING UNIT, 3401 EDWIN ST.

**21 STRIVE FOR HEALTHY FATS:** HEALTHY FATS IN AVOCADOS, NUTS, AND OLIVE OIL ARE HEART HEROES! THEY KICK BAD CHOLESTEROL TO THE CURB AND KEEP YOUR HEART HEALTHY.

**22 HEART HEALTH SATURDAY: STRENGTHEN YOUR HEART.** DO 20-30 MINUTES OF STRENGTH TRAINING - BODY WEIGHT EXERCISES, WEIGHTS, OR RESISTANCE BANDS. BUILDING MUSCLE SUPPORTS HEART HEALTH!



**23 SUNDAY SIT DOWN:** REFLECT ON YOUR MONTH - WHAT PROGRESS HAVE YOU MADE, AND HOW DO YOU FEEL? WHAT WOULD YOU LIKE TO ACCOMPLISH THIS WEEK TO SUPPORT YOUR WELL-BEING?

**24 STRESS MANAGEMENT:** STRESS CAN LEAD TO HIGH BLOOD PRESSURE AND HEART DISEASE. TODAY FOCUS ON INCORPORATING 10-MINUTES OF A RELAXING ACTIVITY SUCH AS STRETCHING, MEDITATION, OR DEEP BREATHING. YOUR HEART WILL THANK YOU!

**25 COMPLETE YOUR BIOMETRIC SCREENING TODAY!** [REGISTER ONLINE](#) OR CALL 912-819-8177.  
 • 6:00 A.M. - 10:00 A.M.  
 • CENTRAL PRECINCT, 1710 MLK JR. BLVD

**26 NATIONAL STROKE PREVENTION DAY:** DID YOU KNOW THAT 80% OF STROKES ARE PREVENTABLE? HIGH BLOOD PRESSURE IS THE LEADING RISK FACTOR. LEARN HOW TO REDUCE YOUR RISK FROM THE [AMERICAN STROKE ASSOCIATION](#).

**27 [RETHINK YOUR DRINK:](#)** MANY DRINKS CONTAIN HIDDEN SUGARS THAT CAN CONTRIBUTE TO HEALTH ISSUES. CHOOSE WATER OVER SUGARY BEVERAGES FOR A HEALTHIER OPTION.



**28 PRACTICE GRATITUDE:** REFLECT ON THREE THINGS YOU'RE THANKFUL AND DO ONE SMALL ACT OF KINDNESS, FOR YOURSELF OR SOMEONE ELSE TO SUPPORT YOUR HEART.



**THE HARDER YOU WORK FOR SOMETHING, THE GREATER YOU'LL FEEL WHEN YOU ACHIEVE IT.**