

# Thrive



**National  
Heart  
Health  
Awareness  
Month**

**RE-ENERGIZE YOUR COMMITMENT  
TO YOUR HEALTH:**

- ♥ Feel more alive.
- ♥ Boost your energy.
- ♥ Make choices that support you.

**FEBRUARY 2025 TOOLKIT**

# NATIONAL WEAR RED DAY<sup>®</sup>

Friday, Feb. 7

RED IS OUR COLOR.  
READY TO ROCK YOURS?

Our No. 1 killer, cardiovascular disease, unfairly targets women. We have been left out of research, testing, treatment and funding. Fortunately, women have an amazing resource – each other.

Women at every age, stage and season of life need our support, and that's why we Go Red.

TO BE SEEN.

TO BE COUNTED.

TO BE HEARD.

TO MAKE AN IMPACT.

On Friday, Feb. 7, share your heart as we **WEAR RED** together.

[WearRedDay.org](http://WearRedDay.org) | [#WearRedDay](https://twitter.com/WearRedDay)

Go Red for Women is nationally sponsored by



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American Heart Association.

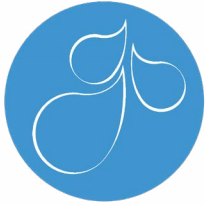


Does it feel like your commitments to renewal have faltered since January? Sometimes it can feel that way, but it's important to recognize that we can start fresh. This February, try these tips for re-energizing your commitments to your health, your mind and your positivity.

## ENERGY-BOOSTING FOODS!

Do you need a boost of energy, or something to get you going? Look no further than what you put in your body and what you DO with your body.

### LOOK NO FURTHER THAN THESE FOODS:



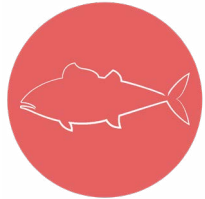
#### WATER

Have you had your eight cups of water today? If not, you may be drooping (literally) at work. Research notes that if you're dehydrated your stamina goes down by approximately 25 percent. So drink up!



#### BANANA

Get ready for this yellow energy booster. The ratio of starchy carbohydrates, natural sugars, and fiber make this fruit a go-getter. Your brain relies on the glucose (sugar) in your blood for energy while the carbohydrates help you think clearly and remain focused while the fiber helps keep the energy sustained. How's that for a superfood?



#### MACKEREL AND OTHER SEA FOODS

Sea food (especially mackerel) is high in all B vitamins but especially Riboflavin (B2). Riboflavin is important for energy because it assists in energy production and metabolism. It also has the added bonus of supporting healthy skin, hair and nails. So be sure to choose a fish option at least two times per week.

Fatigue happens to the best of us. Whether it's after a restless night's sleep or a mid-afternoon slump, coffee, sugar and energy drinks can feel like the easy answer. Unfortunately, that quick fix is also the quick way to crash. The good news is there are plenty of healthy options to amplify your energy.

Focus on foods with protein, fiber, complex carbohydrates and magnesium that will take longer to digest and therefore extend your energy. Mix and match energizing snacks – like Greek yogurt and berries, or grapefruit and cottage cheese – for a more powerful punch. Drinking lots of water can also help – even mild dehydration can leave you feeling weary.

#### 1. NUTS

In addition to energy-extending protein and fiber, nuts are full of additional nutrients to refuel your electrolyte supply. A peanut butter sandwich for lunch or a handful of almonds at snack time can keep you going during a long afternoon.

#### 2. FRUIT

Soothe your sweet tooth while also boosting energy with the complex healthy carbs in fruit. Melons are a particularly great choice – their high water content keeps you hydrated, another boost to energy.

#### 3. YOGURT

Complex carbs and protein is one of most nutritious pairings you can find. Found in Greek yogurt or Icelandic yogurt, they combine to slow digestion for more sustained energy.

#### 4. DAIRY

The protein and carbs found in dairy products are a power combo for replenishing electrolytes. String cheese provides several health benefits, primarily due to its high content of calcium, protein and vitamin B12, which contribute to strong bones, muscle support and overall nutritional value.

**Though re-energizing applies to your physical body, that's not all it has to mean. The principle can apply to our lives and livelihood as well. Sometimes we may feel like we are stuck in a rut. Here are some ways we can spend positive energy to renew our lives:**

## **ONE**

**Make a bucket list and tackle it.** How long has there been that thing or all those things you've been meaning to do? What is stopping you? There's nothing too big or too small for a bucket list. This can include going to try a new restaurant, going out for a ladies' or guys' night, finally getting that pedicure, traveling to a certain country or learning to play an instrument. Only you know your budget and what makes sense in your current life. Don't let your challenges keep you from experiencing life.

## **Two**

**Do a 24-hour internet detox.** This may not be so practical for work days, but for those days that you don't need to rely on technology to get stuff done, give this a shot. Take a whole 24 hours off of the internet. This will be a much needed opportunity to find that peace and clarity we all require in this tech-filled world.

## **Three**

**Do something daily that exhilarates you, or plan something every day that you look forward to.** Even if it is something as simple as getting a coffee on your morning drive to work – plan something that your heart gets excited about. If you have no clue what gets you excited, or where to start, google to find suggestions and start small. Keep a journal and write down what worked and what didn't work. Some days getting a coffee before work is boring, other days it is the only thing we live for.

## **Four**

**Do something kind every day. Doing something kind will spark new and positive energy in your life** – with the added bonus of brightening someone's day. Donate to charity anonymously, pay someone a compliment, pick/buy flowers for someone or pick up a piece of trash on the ground.

**Pick one of the following habits to start this week. What do you currently not do that would take you outside of your normal way of living?**

- Learn to play an instrument.
- Read voraciously.
- Meditate regularly.
- Exercise often.
- Learn a new language.
- Write your feelings down. Travel to new places – even within your own town.
- Cook different kinds of meals.
- Participate in sports actively.
- Take a new route to work.
- Stop to admire something you don't normally admire – a building, a route or a person you see regularly.

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## **REFERENCES**

["Power Up: 10 Ways to Boost Your Energy Naturally"](#)  
["10 Intellectual Hobbies That Help You Build Knowledge"](#)  
["If You Want To Be Happy, Healthy and Successful, Start Doing These 10 Things Now"](#)