American Heart Association

"SURROUND YOURSELF WITH ONLY PEOPLE WHO ARE GOING TO LIFT YOU HIGHER.”
-OPRAH

EAT SMART. ADD COLOR. MOVE MORE. BE WELL.

Make healthy, delicious choices wherever and whenever you eat.
Make life more colorful with fruits and vegetables.
Infuse more movement into your life for optimal health.
Create balance, vitality and wellbeing through self-care.

ON A ROLL
February Observations and Events
American Heart Month
Teen Dating Violence Awareness Month
Black History Month
Feb 7-8: Career Fairs — Fargo Dome
Feb 20: Presidents Day —No School
Feb 21: Discover U —MU Plains

For more health and wellness information visit: www.ndsu.edu/studenthealthservice

Be Socially Well with Networking!

It's never too early to start networking. And if you want a job when you get your diploma, you've got to know people in the industry in which you want to work! Networking is all about building relationships with like-minded people in the same or similar professional field as you. Try to focus on building quality contacts over having a lot of acquaintances. Find the influencers, get to know them, and – most importantly – stay in touch with them.

Be Socially Well in the Absence of Social Media

1. Powering-down helps remove unhealthy feelings of jealousy, envy, and loneliness.
2. Powering-down combats the fear of missing out.
3. Life, at its best, is happening right in front of you.
4. Every minute spent on social media is a minute less with everyone else.
5. Life is still about flesh, blood, and eye contact.

Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year. That number is expected to rise to more than 23.6 million by 2030. So how can you stay healthy?

The ability to relate well to others, both within and outside the family unit.

Social wellness gives us the ease and confidence to be outgoing, friendly, and affectionate toward others. Social wellness involves not only a concern for the individual, but also an interest in humanity and the environment.