

Love Your Heart Month – February 2021

Take 10 @ 10



Take 10 minutes to walk wherever you are on Friday, Feb. 5, at 10 a.m. Post a picture wearing **RED**, and include in your picture who you are walking for with your sign. Use the hashtag #UTHEARTWALK on social media.

Webinar



The Livongo Diabetes Management and Hypertension Solutions provide advanced devices, free strips, personalized insights, and expert support – all working together to help you improve and simplify your health. These programs are available at no cost to UT SELECT members.

Date: Feb. 17

Time: 12-12:30 p.m. CST

Registration: <https://www.cvent.com/d/kjqn5h>



Preventive Cardiology
Lecture Series

Preventive Cardiology Lecture Series

Health System Approaches to Cardiometabolic Disease Prevention



Presented by: Neha J. Pagidipati, MD, MPH
Assistant Professor of Medicine in Cardiology
Duke Clinical Research Institute at Duke University School of
Medicine

Hosted by: Ann Marie Navar, MD, PhD

Date: Feb. 11

Time: 12-1 p.m.

Zoom: [Register Here](#)

Virtual Work Out Classes

EQUINOX

Athletic Conditioning Class - Push your cardio to new limits with a complimentary Virtual Equinox full body athletic training class. Keep pace with a wide range of bodyweight movements that are sure to increase your strength and stamina.

REGISTER BY CLICKING HERE. Need assistance registering? Please contact Karenann.Delaney@equinox.com

Band Burn Class - Take a complimentary Virtual Equinox Band Burn Class. A cross between Pilates and Barre, we lead you through this class that builds lean muscle, fine tunes posture, and increases mobility. Squat, push, pull, lunge, and roll your way through precisely timed intervals, setting your posterior chain—and your results—on fire. Leave feeling leaner, looser, and lighter than you ever thought possible. (Resistance band needed for virtual class)

REGISTER BY CLICKING HERE. Need assistance registering? Please contact Karenann.Delaney@equinox.com

Let's Take a Walk/Run



Audio Outdoor Walking Class

Take a complimentary Audio Equinox Outdoor Walking Class. Guided by one of Equinox's top instructors, join us for an energizing and fun 30 minute audio outdoor walking class. Walking: Rise and Shine.

REGISTER BY CLICKING HERE. Need assistance registering? Please contact Karenann.Delaney@equinox.com. (Note: you will receive an email after registration with the password to start this class).



Audio Outdoor Running Class

Take a complimentary Virtual Equinox outdoor running class. Guided by one of Equinox's top instructors, join us for an efficient and smart 30 minute outdoor run class. Precision Run-Gains. **REGISTER BY CLICKING HERE**. Need assistance registering? Please contact Karenann.Delaney@equinox.com. (Note: you will receive an email after registration with the password to start this class).

Time to Relax



Yoga Class

Take a complimentary Virtual Equinox Yoga Class. This Vinyasa sequence focuses on opening the hips, building up a good sweat, then settling into a deep stretch.

REGISTER BY CLICKING HERE.

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**Introduction to Meditation
with Claire Hahn, Wellness Manager at UT System**

This prerecorded session allows you to meditate at any time.

[Click here to begin your meditation](#)

28 Days. 28 Ways with American Heart Association

28 DAYS. 28 WAYS.

Live Fierce. Go Red.

- ❖ Your Journey to Better Health Starts Here: [Click Here](#)
- ❖ Thankfulness: How Gratitude Can Help Your Health: [Click Here](#)
- ❖ Can Your Pet Help You Be Healthier? [Click Here](#)
- ❖ What would you do with more time? [Click Here](#)

Let's Eat Healthy



Healthy Eating Pantry - [View Here](#)

How Do I Follow a Healthy Diet Pattern? [Click Here](#)

Seasons of Eating [Click Here](#)

Too Much Sodium [Click Here](#)