

WELLNESS Wednesday | *February 4th, 2026*

Heart Month

Your heart does a lot for you! This incredible organ beats over 100,000 times a day, pumping nearly 2,000 gallons of blood through 60,000 miles of blood vessels to nourish every cell in your body.

In the United States, heart disease remains the leading cause of death, and about half of all adults live with high blood pressure. This month, take a moment to focus on small, sustainable steps that support your heart health for the long run. Even simple lifestyle changes can lead to lasting improvements in energy, mood, and overall well-being.

Here Are a Few Simple Ways to Give Your Heart What It Needs:

1. Eat for Heart Health
   Fuel your body with fiber-rich foods like fruits, vegetables, whole grains, and legumes. Add in heart-healthy fats from nuts, seeds, olive oil, and fish such as salmon or tuna.
   Tip: The more colorful your plate, the more nutrients you're giving your heart.
2. Move with Intention
   Just 30 minutes of movement a day—whether it's walking, dancing, cycling, or yoga—can reduce blood pressure, improve circulation, and strengthen your heart. Don't have 30 minutes all at once? Try three 10-minute movement breaks throughout your day.
3. Prioritize Rest and Recovery
   Sleep and stress management are just as important as nutrition and exercise. Aim for 7–9 hours of quality sleep each night, and find calming routines that work for you—like stretching, deep breathing, or reading before bed.
   Remember: A rested heart is a resilient heart.





Need inspiration?
Check out this 28-day Towards a Healthy Heart Calendar!

4. Check In With Your Health
   Knowledge is power! Keep track of your blood pressure, cholesterol, and blood sugar numbers. Staying informed helps you make proactive choices and work with your healthcare provider to protect your long-term heart health.
   Consider scheduling your annual check-up or a blood pressure screening this month.
5. Stop Smoking – Your Heart Will Thank You
   If you smoke, make February the month you quit. Quitting smoking is one of the most powerful ways to reduce your risk of heart disease and stroke.

How to get started:

- Pick a quit date.
- Talk with your healthcare provider about programs or products that can help.
- Join a support group or share your goal with friends and family.
- Call 1-800-QUIT-NOW (1-800-784-8669) for free, confidential help.

Try One Heart-Healthy Habit Each Week

Change doesn't have to happen all at once. Try adding one new heart-healthy habit each week this month!

Ideas to get started: Take a walk after dinner, add an extra serving of veggies to your meals, practice gratitude or deep breathing to manage stress, or go to bed 30 minutes earlier.

Random Acts of Kindness

In February, we recognize **Random Acts of Kindness Week**. This is the perfect time to highlight how simple, thoughtful actions can create meaningful ripples in our communities and our own well-being!

Kindness is more than just a feel-good concept. Research consistently shows that acts of kindness benefit both you and the person you are being kind to by reducing stress and boosting mood, enhancing social connection and community, improving physical health, and encouraging a positive cycle where kindness inspires more kindness.

You don't need grand gestures to make a difference. Small, everyday acts can brighten someone's day and uplift your own spirit. Here are some simple ideas to get started:

- Hold the door open or offer a genuine smile
- Send a thoughtful note or message of appreciation
- Pay for someone's coffee or meal anonymously
- Volunteer your time or skills for a cause you care about
- Listen actively and empathetically to someone who needs it
- Compliment a colleague or stranger sincerely
- Make your favorite recipe for a loved one
- Send a postcard to a friend

Commit to performing at least one random act of kindness each day this week. Notice how it impacts your mood, relationships, and outlook. Kindness is a simple yet powerful tool that connects us all. Random acts of kindness can benefit everyone and we can continue even after this week concludes!







Need more ideas?
Here are other acts of kindness you can add into your day.

Benefits Basic Feature - Life Insurance

Basic Life Insurance

The City of Akron currently provides life insurance through MedMutual Life for all regular full-time active employees with $50,000 of Basic Life & Accidental Death and Dismemberment (AD&D) at no additional cost to you.

Beneficiary changes must be made through Workday and may be initiated at any time.

