FEBRUARY IS HEART HEALTH MONTH

6th Annual Go Red Week, FEB 10th-15th.
Heart disease is the number one cause of death for both men and women in the U.S. Today alone, an estimated 2,300 Americans will die of cardiovascular disease — that’s an average of one every 38 seconds. While you cannot control risk factors such as age, genetics, or family history, a lot of your heart health rests in your hands. This year, we’re asking you to GO RED-TAKE 5 and Follow Your Heart. Other than not smoking, exercising regularly is the number one thing you can do for your heart.

“Exercise is a celebration of what your body can do. Not a punishment for what you ate.”
unknown author

Thursday, February 13th: Exercise & Activity for a Healthy Heart
Fitness for Your Heart
Time: All workouts, all day! Location: Sheffield Gym Host: Recreational Sports & Wellness
Every group fitness class today will be focused on building a healthy heart. Whether your workout is in the Sheffield Gym or a group fitness class, every exerciser receives a heart healthy prize throughout the day.

I Like to Move It, Move It
Time: 5-7:30pm Location: Evening Student Support Center (located in AACC, first floor)
Host: RAC
Join us for 5-minute yoga and calisthenics workouts during class breaks.

Friday, February 14th: Healthy Weight & Wear Red Day
BMI Screenings
Time: Throughout the day Location: Sheffield Gym Host: Recreational Sports & Wellness
Stop-by the Sheffield Gym throughout the day and receive a no-cost body composition assessment including Body Mass Index.
Healthy U and GO RED present

AngioScreen

Sheffield Student Center
February 12th 8:30am– 4:00pm

Price is $50.00 Cash, Debit/credit card or Check
Veterans are free
Call: Sandy Kahley for an Appointment at 478-633-7157

50 Healthy U points for those full time employees who are Healthy U participants

Dr. Elma Mera Steves

Dr. Elma Mera Steves has been a community member at the Sheffield Gym for 15 years. Prior to using the Sheffield Gym for her fitness, she took classes on the campus and swam at Dynamo. Dr. Steves now swims at Mercer 5 days a week in order to keep fit for her busy schedule. In 2018, she closed her pediatric practice at Embry Hills after maintaining her office for over 50 years. She is the founding member of the Peruvian American Medical Society. Last month, Dr. Steves turned 93 years old, and she still drives to the gym daily to get in her swim workout.

Please send us the name of anyone in our Mercer community that you think would be inspirational!
Karen Reynolds
Director of Recreational Sports & Wellness

Karen has been working in the Mercer Atlanta Rec Sports and Wellness Department for 17 years; the last 10 years as the head of the department. Karen has been in the fitness industry for over 20 years with a background in health and fitness and health club management. She attended the University of Tennessee at Chattanooga and holds national certifications through the American Council of Exercise and The Aquatic Exercise Association as well as several specialty fitness certifications. After having three children, Karen worked at a health club in Atlanta where she worked in all areas of the facility and was in the position of Assistant Manager before coming to Mercer. Since working at Mercer her family has grown with a total of six beautiful and active grandchildren.

Karen supervises all the aspects of the Rec Sports and Wellness Department but her focus is the fitness program, facilities management, and staffing of all employees. Karen’s passion is teaching fitness classes and personal training on land and in the water.

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Margie Bowen
Assistant Director

Margie is in her 11th year working on the Atlanta Campus in Rec Sports and Wellness. Overlapping her career at Mercer, Margie taught Health and Physical Education in DeKalb County School for 42 years. She was a successful head coach of gymnastics, soccer and volleyball during her career, as well as assistant coach in many other sports. In addition to coaching, Margie was the director of Northlake Volleyball Club in metro Atlanta. Receiving her M.Ed from the University of Georgia, Margie has always been involved in teaching others to have fun through fitness and sports. She is married to her high school sweetheart, has 2 married daughters, and 4 wonderful grandchildren.

In addition to her responsibilities in organizing rec and wellness activities for students and staff, Margie schedules the usage of the rec facilities for those inside and outside of the university. She is also the contact for Atlanta faculty and staff who participate in Healthy U.

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