

Prime Fitness

Wellness Newsletter
February 2026

February is National Heart Health Month. Even though heart disease is largely preventable, it's still the leading cause of death in the United States. Heart disease affects millions of people, although research supported by the National Heart, Lung, and Blood Institute (NHLBI) has shown that you can lower your individual risk by taking preventive steps such as:

- Being physically active
- Eating a healthy diet
- Managing stress
- Not smoking
- Getting enough sleep
- Controlling your blood pressure
- Managing Cholesterol
- Managing blood sugars

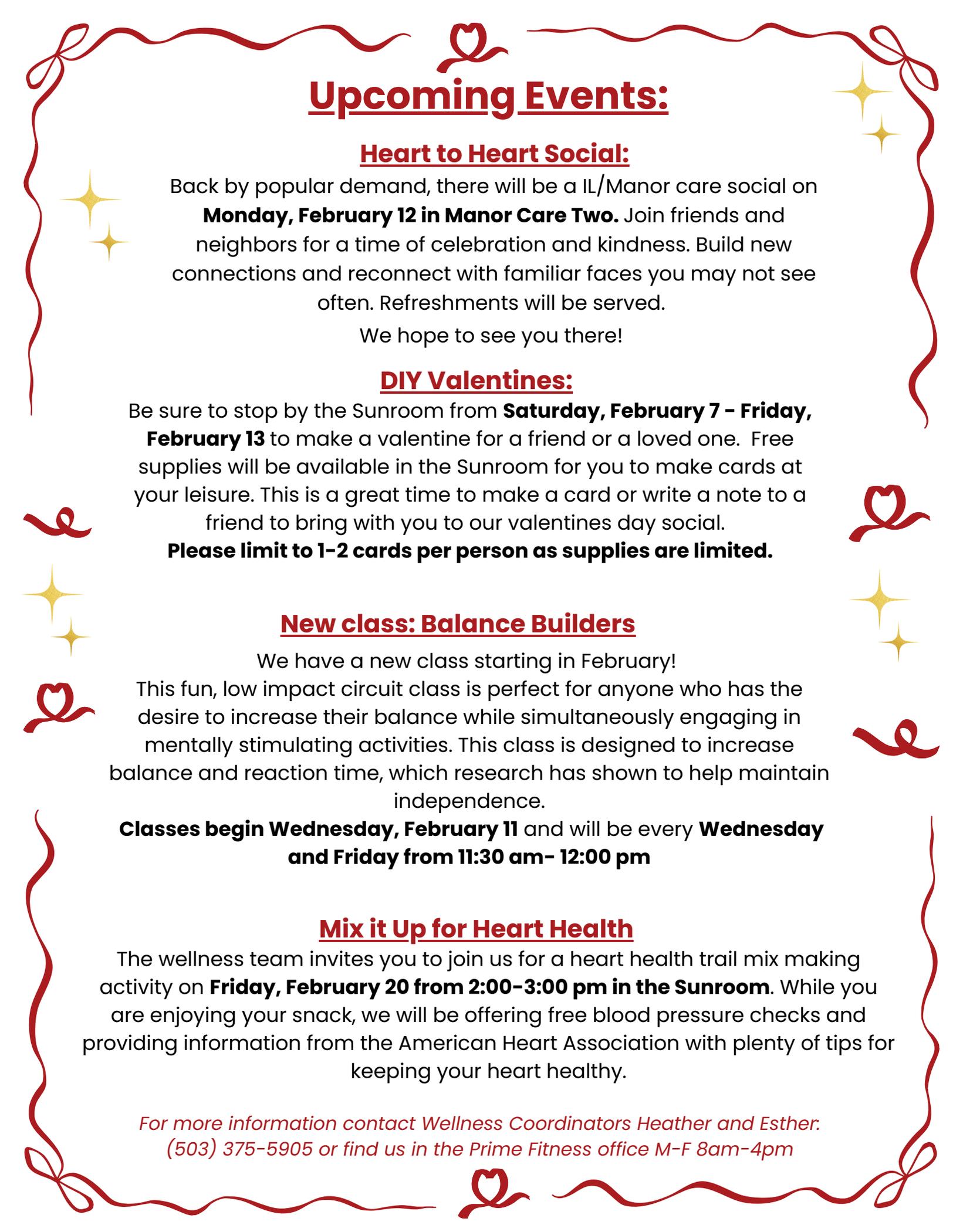
Also, having close positive relationships and feeling connected to others benefits your overall health, blood pressure and weight among other things.

See activities planned this month to add to your calendar for a heart healthy lifestyle.

Feel free to visit Prime fitness to check your blood pressure or enjoy the gym at any time!

National Wear Red Day

National Wear Red Day is Friday, February 6, as part of American Heart Health Month. As we head into February, let's take time as a community to encourage each other to keep up with those healthy habits that are important for our hearts. We invite you to join us in bringing awareness to this important cause by wearing red on February 6.



Upcoming Events:

Heart to Heart Social:

Back by popular demand, there will be a IL/Manor care social on **Monday, February 12 in Manor Care Two**. Join friends and neighbors for a time of celebration and kindness. Build new connections and reconnect with familiar faces you may not see often. Refreshments will be served.

We hope to see you there!

DIY Valentines:

Be sure to stop by the Sunroom from **Saturday, February 7 - Friday, February 13** to make a valentine for a friend or a loved one. Free supplies will be available in the Sunroom for you to make cards at your leisure. This is a great time to make a card or write a note to a friend to bring with you to our valentines day social.

Please limit to 1-2 cards per person as supplies are limited.

New class: Balance Builders

We have a new class starting in February!

This fun, low impact circuit class is perfect for anyone who has the desire to increase their balance while simultaneously engaging in mentally stimulating activities. This class is designed to increase balance and reaction time, which research has shown to help maintain independence.

Classes begin Wednesday, February 11 and will be every **Wednesday and Friday from 11:30 am- 12:00 pm**

Mix it Up for Heart Health

The wellness team invites you to join us for a heart health trail mix making activity on **Friday, February 20 from 2:00-3:00 pm in the Sunroom**. While you are enjoying your snack, we will be offering free blood pressure checks and providing information from the American Heart Association with plenty of tips for keeping your heart healthy.

*For more information contact Wellness Coordinators Heather and Esther.
(503) 375-5905 or find us in the Prime Fitness office M-F 8am-4pm*