April is the American Heart Association Move More Month! The AHA sponsors this day to remind people about the health benefits of staying active. A good starting goal is at least 150 minutes a week, but if you don’t want to sweat the numbers, just move more! Find forms of exercise you like and will stick with and build more opportunities to be active into your routine.

Here are some summer activities to make moving more enjoyable:

- Gardening
- Spring Cleaning
- Golf/Tennis/Racquetball
- Boating
- Pack a picnic
- Go for a bike ride

Important Reminders:

Please Join Us on Monday April 15th for the annual Participant Meeting from 7:00-8:30 pm in Worthen Arena Lounge. There will be snacks.

Saturday April 20th is the last Saturday we are open until the fall semester

Limited Hours beginning Monday April 22nd

- 5:30 am – 8:45 am
- 11:30 am – 1:15 pm
- 3:30 pm – 6:30 pm

Thank you to Kerygan, Patia, and Troy for all of your hard work this semester! We couldn’t have done it without you. Nicole, the graduate assistants, and the participants wish you luck with your future after Ball State! The 2nd year students will be working the APFP during finals week (April 29 – May 3), be sure to say goodbye if you get a chance.
April Birthdays:

4/4 Earl M.
4/4 Kathryn M.
4/12 Dr. Kaminsky
4/13 Mark H.

The American Heart Association

The American Heart Association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. They are the nation’s leader in CPR education training and help people understand the importance of healthy lifestyle choices. The AHA also provides science-based treatment guidelines to healthcare professionals to help them provide quality care for their patients. They also advocate for changes to protect and improve the health of communities.

They have invested more than $4 billion in research and have funded many lifesaving techniques, like the first artificial heart valve, cholesterol lowering drugs, heart transplantation, and CPR techniques.

The American Heart Association wanted everyone to know that cardiovascular disease and strokes are largely preventable. Risks can be lowered by adhering to the Simple 7: not smoking, being physically active, maintaining a healthy body weight, eating a healthy diet, controlling blood pressures, cholesterol, and blood sugars. To assess your cardiovascular health, you can visit MyLifeCheck.com. For information visit heart.org or call 1-800-AHA-USA1.

Quote of the Month:
“Spring is Nature’s way of saying ‘Let’s Party!’”
- Robin Williams

Refer a Friend: if you refer a friend to the APFP, you will receive a month added on to your membership!