



CODA's centerpiece is a twenty-one story staircase, which stands as the tallest spiral staircase in the United States, but it is the 352 individual stairs that compose it that enable people to climb to the top. "Health" is much the same as the staircase; when looked at as a single idea, it may feel over-whelming, but when viewed as the culmination of small, daily choices and actions, it becomes manageable.

"Steps to a Healthier You" is a five-week program created for the CODA community, based upon the [American Heart Association's](#) recommendations for improving heart health, that presents goals each week from which participants can choose one or more to advance up the staircase and build a healthier lifestyle and greater sense of well-being.

The program will kick-off on Thursday, January 9 with a drop-in question and answer session with representatives from the CRC from 12-1pm in the Collaborative Core on the eighth floor. If you have specific concerns regarding your health, you should consult with your doctor before beginning this program.

The program will culminate with a "Give Your Heart Some Love" celebration of heart health on February 13th in the Atrium on the ninth floor. This celebration will combine physical and emotional heart health, but the goal is to continue and build upon what you learned during the program long after its end.



Week Five

- 21 Replace red or processed meats at two dinners.
- 20 Try two strength-training classes this week.
- 19 Replace the elevator with the stairs.
- 18 Bring your lunch from home for one week.

Week Four

- 17 Each day, walk to one place to which you would normally ride/drive.
- 16 Each time you use the phone, make it your cue to stand, stretch, or walk.
- 15 Take a break from technology for 15 minutes to swing or rock.
- 14 Replace your normal snack with your favorite fresh fruit.

Week Three

- 13 Incorporate stretching at your desk into your day.
- 12 Make your commute a healthy and productive time.
- 11 Invite your lunch mate to walk the Pi Mile course with you.
- 10 Try the low sodium version of three of your favorite foods.

Week Two

- 9 Try 3-5 minutes of meditation each day.
- 8 Replace one sugary beverage per day with water.
- 7 Try 1-2 ways to control portion sizes.
- 6 Strive to take 10% more steps each day.
- 5 Attend the goal setting seminar on January 16 at noon.

Week One

- 4 Group fitness classes at the CRC are free 1.13-19; try two classes this week.
- 3 Learn the basics of reading food nutrition labels.
- 2 Track your daily steps for one week.
- 1 Keep a food journal for seven days.

Week One . January 10-16

1 Keep a food journal for seven days.

The best first step to healthier eating is to **understand your current eating patterns**. Learn more about how a food journal can be helpful and apps that make it easy.

2 Track your daily steps for one week.

How active you are is not just a question of working out but **how active you are throughout the day**. Track and record your daily steps for one week to learn how many steps you are currently taking. No fitness tracker? Use a free app!

3 Learn the basics of reading food nutrition labels.

Knowing how to read the Nutrition Facts label can help you to make more informed dietary choices.

4 Group fitness classes at the CRC are free January 13-19 (schedule). Try two classes this week.

Georgia Tech is full of resources that make being healthy fun. Follow the CRC on social media or use the Campus Calendar to learn about opportunities to get involved.

Week Two . January 17-23

5 Attend the goal setting seminar on January 16 at noon in the C1003 Adair Conference Room.

Use what you learned from the seminar to set a health-related goal and create a plan to achieve it.

6 Strive to take 10% more steps each day.

With your baseline information from last week, strive to **increase the number of steps** that you take each day.

7 Discover ways to better control portion sizes and try 1-2 tips that resonate with you.

Controlling how much you eat not only helps with managing weight but reducing sodium and sugar intake.

8 Replace one sugary beverage per day with water.

Your 20oz soda at lunch has up to 220 calories and 60 grams of sugar. **Learn** what is in your favorite drinks and try replacing one each day with water (try it with a slice of orange or cucumber!).

9 Try 3-5 minutes of meditation each day.

Meditation has been shown to reduce stress and help focus on the present. Try a free app to get started. **Stop, Breathe, & Think. | Headspace**

Week Three . January 24-30

10 Try the low sodium version of three of your favorite foods on your grocery list.

Consider sandwich meats, cheeses, salad dressings, and soups for the biggest impact.

11 Enjoy a walking lunch. Invite your lunch mate to walk the Pi Mile course with you.

Walking at lunch may not just be good for your physical health but reduce stress and help you focus. [Read](#) how one woman makes it work.

12 Make your commute a more productive and enjoyable time.

Check out one of these podcasts or find one that interests you! [EntreLeadership Podcast](#) | [WorkLife with Adam Grant](#) | [Ted Talks Daily](#)

13 Incorporate stretching into your day.

Throughout your day, [take time to stretch](#) muscles that can become tight due to sitting and computer use. Click on the diagram at left to be directed to a short video to learn how to stretch each area.

Desk Stretches

Chest

Keyboard use promotes hunching. Stretching your chest to help improve your posture.

Side

Lifting your arms and stretching your sides can help to relieve low back pain and allow greater expansion of the ribs and lungs.

Forearm

1 | 2

Over-use of the muscles of the forearm can cause soreness. Try these two stretches to reduce stiffness.

Spine

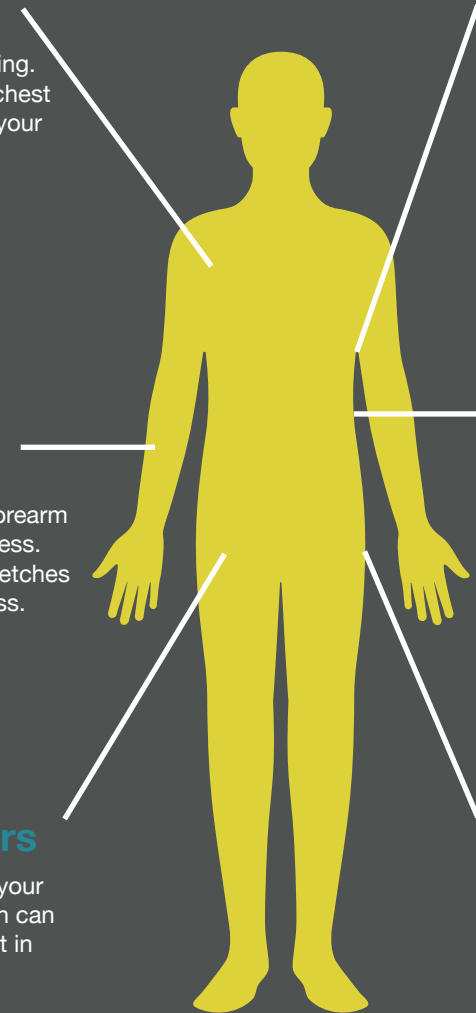
Improve mobility in your spine and reduce stiffness in your low back.

Hip Flexors

Sitting shortens your hip flexors, which can cause discomfort in your low back.

Glutes/ Low Back

Promote hip mobility, while stretching your glutes and low back from a seated position.



Week Four . January 31-February 6

14 Replace your normal snack with your favorite fresh fruit or vegetable.

Fruits and vegetables are full of vitamins and minerals that your body needs and low in calories. Discover different ways to **incorporate more fruits and vegetables** into your diet.

15 Take a break from technology for 15 minutes to rock or swing.

Leave all of your devices at your desk, walk to the swings, and enjoy the view of the Atlanta skyline.

16 Each time you use the phone, make it your cue to stand, stretch, and/or walk.

Need a reminder to move throughout your day? Use conference calls or making a dentist appointment as a time to stretch or walk for the duration of the call.

17 Each day, walk to one place to which you would normally ride/drive.

Georgia Tech has a Walk Score of 70 and Bike Score of 79, which means that it is convenient to walk or ride on campus and in surrounding areas.

Week Five . February 7-13

18 Bring your lunch from home for one week.

Whether a sandwich or leftovers from last night, **packing your lunch** can reduce sodium and calories and save you up to \$2300 per year.

19 Replace the elevator with the stairs.

One flight at a time, **replace elevator trips with the stairs** to incorporate invigorating breaks into your day that are good for your heart and mind.

20 Try two strength training classes this week.

The American Heart Association recommends adults incorporate two days of strength training into their 150+ minutes of activity per week. Try one of these free sources to get started. **Nike | PopSugar | Yoga**

21 Replace red or processed meats at two dinners this week.

Reduce your intake of sodium and saturated fats by **replacing red or processed meats** with vegetables, poultry, or fish, which is rich in heart-healthy omega-3 fatty acids.

