



## February is American Heart Month!

### Take Control of Your Heart Health!

American Heart Month is a great time to take control of your heart health. Consider these [tips from the CDC](#):

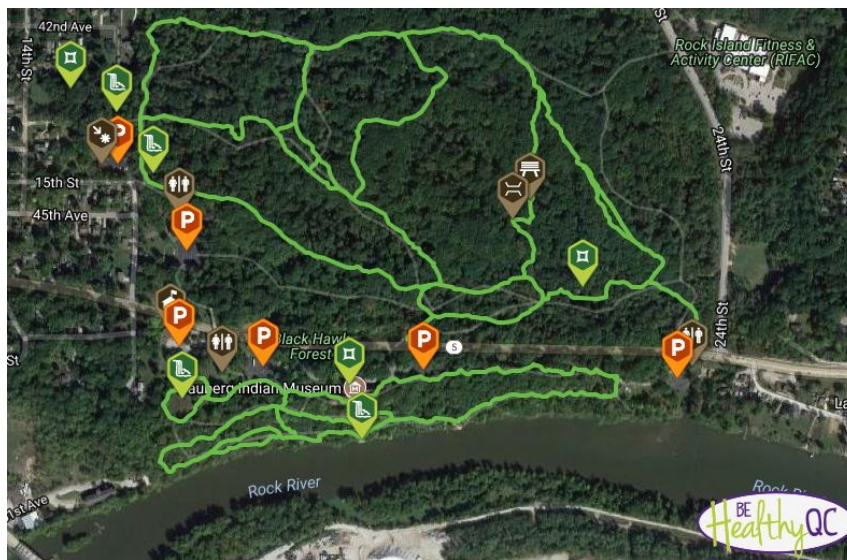
- **Find time to be active.** Aim for at least 150 minutes of physical activity per week. Invite friends on an afternoon walk, try an exercise class, or challenge the whole family to a soccer match.
- **Make healthy eating a habit.** Small changes in your eating habits can make a big difference. Try making healthier versions of your favorite recipes. How? Look for ways to lower sodium and trans fat, and add more fruits and vegetables.

For more helpful tips and heart-healthy recipes, visit these resources:

- [CDC - Million Hearts](#)
- [American Heart Association - Healthy for Good](#)
- [National Heart, Lung, and Blood Institute - Move with Heart](#)

## QC Trail of the Month

Each month, we highlight a trail in the Quad Cities area to help you plan your next trail adventure.



Trail Map from QCTrails.Org

### Black Hawk State Historic Site Trails - Rock Island, Illinois

Looking for a trail to try snowshoeing or cross-country skiing? The Black Hawk State Historic Site Trails are a network of six miles of marked trails that wind deep into the woods, up rugged hills, and along the banks of the Rock River. The site is open year-round and trails on the south side of the site may be used for cross-country skiing. Visit the museum desk for a trail map and start exploring!

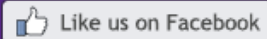
Visit [QCTrails.org](http://QCTrails.org) to learn more about this and other trails!



**Is employee health important to your organization or business?  
Join over 25 other local businesses and get recognized as a Be Healthy QC  
Worksite!**

If your business would like to be recognized for your progress in creating a healthy workplace, please download and complete our Be Healthy QC Worksite Wellness Healthy Workplace Assessment then return it to: [quadcityhealthinitiative@gmail.com](mailto:quadcityhealthinitiative@gmail.com). Businesses that meet at least 10 of the 20 items on the assessment will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business.

[Take Our Assessment Here](#)



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