

**New Jersey State Federation of Women's Clubs of GFWC
Barbara McCloskey, President
Together is Service
United in Friendship**

Health & Wellness Bulletin – September 2024

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Just a reminder that clubwomen should start tracking their exercise hours to provide to their club's Health & Wellness Chairman for year-end reporting! Materials are now available on the NJSFWC website under "Materials."

Let's Get Moving

Did you know that cardiovascular disease is the world's number one killer? Conditions affecting the heart and blood vessels – such as a heart attack, stroke and heart failure – kill more than 20.5 million people combined each year. 80% of premature deaths from CVD are preventable, by making small changes to our lifestyle: what we eat, drink how much we exercise and how we manage stress. September 29th is World Heart Day. The program has a Global Challenge that asks people to recognize and advertise cardiovascular disease awareness.

NJSFWC challenges its members to get moving to combat heart disease! Clubs are encouraged to sign up for September 29th for World Heart Day through the World Heart Federation – the link will be available on the NJSFWC website under "Health & Wellness" in materials. Then, let's get moving! Encourage members to start tracking their walking and exercising hours. Perhaps you could even start holding club-wide walks or attend exercise classes together.

Tally the total combined exercise hours completed by your members on your year-end report under the "Let's Get Moving" challenge. The club to log the most workout hours within their membership category will be recognized at Spring Conference.