



FEBRUARY 2025



Tower Notes

It's Heart Month!

Heart disease is the leading cause of death for men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. The good news is that there's a lot we can do to prevent it.

Research shows that people with close relationships at home, work, or in their community tend to be healthier and live longer. One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others.

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Devote a little time each day to your heart. Remember, self-care is heart care.

To learn more about how to take action for your heart and prevent heart disease, visit www.hearttruth.gov.



Want to test your heart smarts? Answer "true" or "false" to each of the statements below.

1. High blood pressure occurs when your blood pressure is consistently 130/80 mm Hg or higher.
2. Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
3. Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
4. Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
5. To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Daffodil Days

Beat the winter blues and fight cancer with Daffodil Days.

Click here to order your daffodils.

Order Deadline: February 18th
Pick-up Date: Wednesday, March 19th, 11am to 5pm,
U S Steel Tower, Lower Lobby

- Daffodil Bunch (10 flowers) – **\$15**
- Potted Mini Daffodils – **\$20**
- Tulip Bunch (10 flowers) – **\$15**
- Gift of Hope (Flowers delivered to local hospital) – **\$25**

For questions, reach out to Doni Matrone at doni.matrone@cancer.org or 412.785.1306



Answer key: All answers are true.

STEEFIT

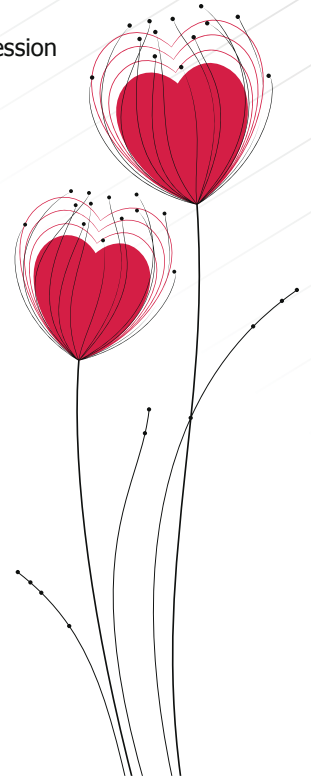
Company of the Month

Congratulations to our company of the month, Chesley Brown. We invite all Chesley Brown employees at the tower to come in and enjoy:

- One private group/team-building workout
- Join with no initiation fee (a \$25 value)
- Any two nutrition products for \$4
- Two FREE Burn classes
- One FREE 30-minute PT session
- 1st Month Free

Free Heart Healthy Webinar

Join us on Tuesday, February 11th, from 12 to 1 pm for a Heart Healthy webinar focused on heart disease and prevention. We'll dive into lifestyle factors to avoid and heart healthy habits to eliminate risk factors in developing heart disease. The webinar is open to all tenants. To register, scan the QR code below.



SteelFit Open House

Stop down to see what SteelFit can do for you!

Join us on Thursday, **February 20th, from 11:30 am to 1:30 pm**. Tour the facility, meet Toni and Frank, enjoy our trail mix bar and Italian sodas! Join "The Elevate Your Heart Challenge" for a chance to win a wellness basket!



Hub Huddle

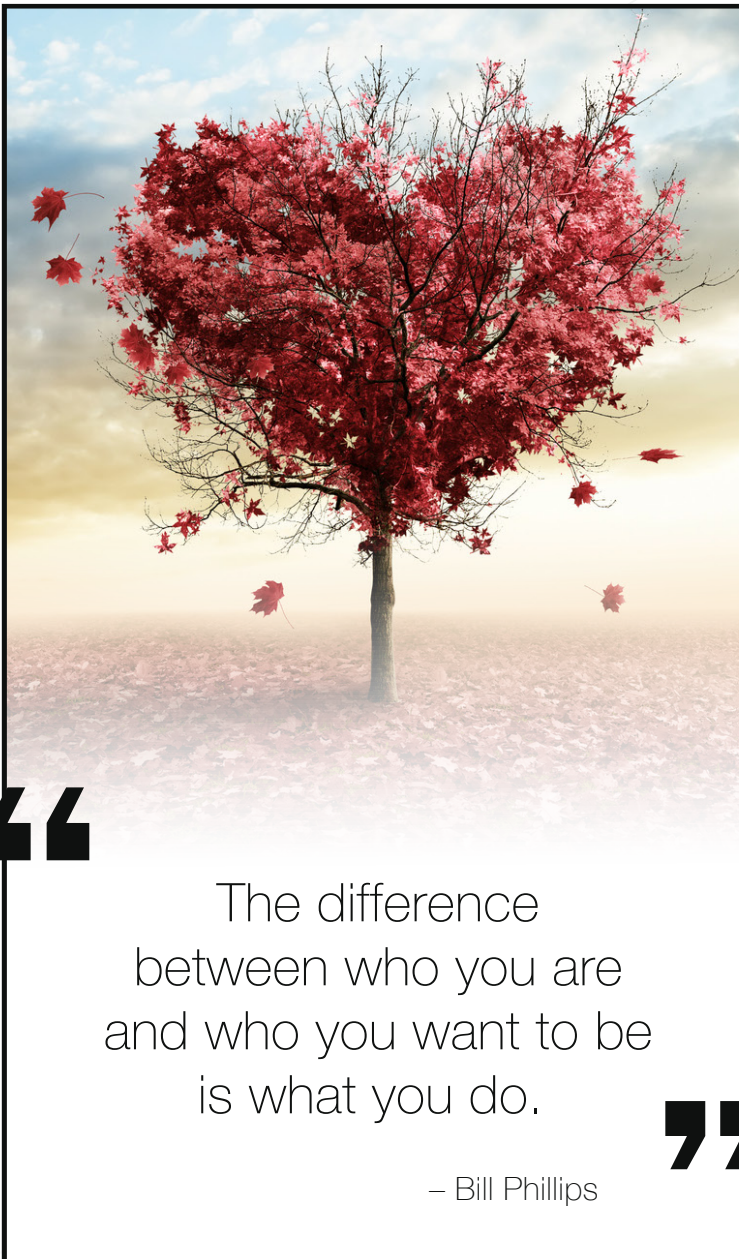
Join your fellow tenants for Hub Huddle on Wednesdays, from 2 to 3 pm in The Hub.

February 5 – Death by Chocolate:
Everything chocolate

February 12 – Valentine's Day Event:
Create a mini bouquet

February 19 – Tabletop Game Day: Join us for an hour of friendly competition

February 26 – Satisfy Your Craving:
DIY yogurt bar



The difference
between who you are
and who you want to be
is what you do.



– Bill Phillips

Valentine's Day Fun Facts

Who knew? Check out these fun facts.

- Over 8 billion candy hearts are produced for Valentine's Day every year! Don't worry if you still have last year's box — they have a shelf life of five years.
- Nearly 250 million roses are grown in preparation for Valentine's Day each year.
- According to the National Retail Foundation, Americans spent nearly \$26 billion on Valentine's Day gifts in 2023. People were also expected to spend an average of approximately \$193 for Valentine's Day.
- Pets need love too! American households spent an estimated \$751.3 million on gifts for their pets on Valentine's Day last year.
- Today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!