



SEDALIA

Let's Cross Paths

February 2025

MONTHLY NEWSLETTER FOR THE CITY OF SEDALIA

February is Heart Awareness Month, a time dedicated to raising awareness about cardiovascular health and encouraging everyone to take steps toward a heart-healthy lifestyle.

Cardiovascular disease is the leading cause of death globally, but many of its risk factors, such as high blood pressure, high cholesterol, and unhealthy lifestyle choices, are preventable. Heart Awareness Month serves as a reminder to prioritize our heart health and take proactive steps to reduce the risk of heart disease. One of the ways you reduce your risk is to stay active. Aim for at least 150 minutes of moderate aerobic activity each week.

The Heckart Community Center offers a variety of fitness classes, an indoor walking track, an indoor pool, an indoor gym area and a fitness center. You can sign up for a variety of fitness classes or use a fitpass. Fitpasses are \$10 for 10 classes and can be purchased at the Heckart Community Center Front Desk. There are several fitness classes that are included in your HCC membership. Fitness classes begin as early as 5 a.m. on some mornings and are offered throughout the day with the last classes of the day beginning at 5:30 p.m. There are even Aquatic Fitness programs at the Heckart Community Center indoor pool and during the summer at Liberty Pool.

The HCC even offers personal training sessions for either an individual or small group. The group personal training does not offer individualized training, but rather training together as a group. This is great for accountability among friends! Just remember though that the training sessions must be used within 120 days of purchase. For more information or to book your sessions, contact Rena Norman at rnorman@sedaliaparks.com

Let's make February a month to remember for heart health and overall wellness!

For more information on all that the Sedalia Parks & Recreation Dept. has to offer visit our website at www.sedaliaparks.com

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VISION STATEMENT

Dynamic life and
Comfortable living in
Greater Missouri

MISSION

The City of Sedalia is committed to meeting the needs of our community through professional leadership and operational excellence.

We deliver efficient, quality municipal services, create opportunities for growth and protect the quality of life that makes our community a desirable place to live.



SEDALIA PARKS & RECREATION

FEBRUARY 2025 EVENTS

February 2	Biddy Basketball & Little Hoopsters - Registration Deadline
February 8	Esports Tournament - Fortnite at HCC
February 14	Princess Party - Registration Deadline
February 21	Youth Baseball - Early Bird Registration Deadline Shamrock Shuffle - Registration Deadline
February 22	Princess Party at Convention Hall
February 25	Indoor Group Swim Lessons - Registration Deadline
February 27	Lifeguard Certification Class - Registration Deadline
February 28	Family Pizza Bingo - Registration Deadline



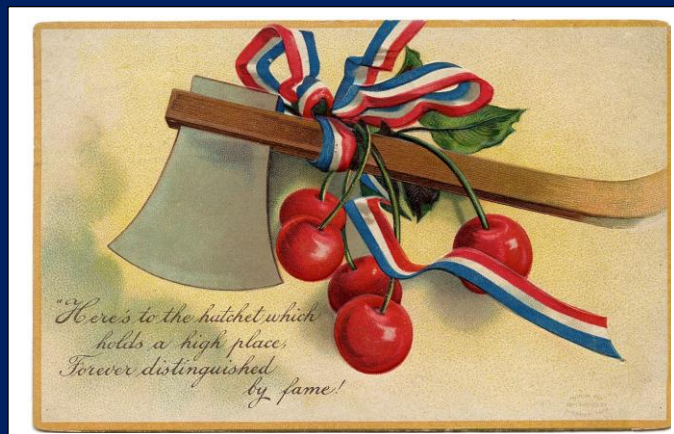
TO REGISTER
ONLINE: WWW.SEDALIAPARKS.COM.
IN PERSON: HECKART COMMUNITY CENTER
AT 1800 W. 3RD ST
OVER THE PHONE: 660-826-4930

City of Sedalia to Observe Presidents Day

The City of Sedalia will be closed on Monday, February 17, 2025 in observance of Presidents Day.

Weekly trash pickup for the week of February 17, 2025 will follow the normal collection schedule. The Materials Management Site at 27882 Highway "U" will be closed on Monday, February 17, 2025.

City offices including the Materials Management Site will re-open for normal business hours on Tuesday, February 18, 2025.



28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1

Call a friend and join the [#OurHearts](#) movement.



Day 2

Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4

Sport red today for National Wear Red Day.

Day 5

Squat it out. Do 1 minute of squats.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit [Smokefree.gov](#) to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart-healthy recipes](#).



Day 12

Reduce stress using [relaxation techniques](#).



Day 13

Give the elevator a day off and take the stairs.

Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.

Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.

Day 25

Ask a family member or neighbor to join you for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).



nhlbi.nih.gov/heartmonth



National Heart, Lung, and Blood Institute



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