

FEBRARY

2022

# SYNAPSE

ARIZONA HOSA





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# Calling all AZ HOSA Members!

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# AMERICAN HEART MONTH

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The month of February is known for many things. One of which is to raise awareness in regards to American Heart Month. Heart Disease is the number one leading cause of death in both men and women within the United States. But, what is Heart disease? Heart disease occurs generally when the blood vessels become rather narrow and diseased which can lead to a plethora of different problems such as having a heart attack or stroke. Although there are many factors that can lead to having a form of heart disease, some key risk factors would include: high blood pressure, high blood cholesterol, and smoking. Currently, greater than 30.3 million adults have some form of heart disease. Of course, there are ways to prevent heart disease. Some of the main ways to do so would include: regulating your blood pressure and cholesterol, maintaining a healthy weight and diet, exercising regularly, and focusing more on your mental health.

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# Fun Facts About Valentine's Day

## WHO IS ST. VALENTINE?

There isn't just one! There are multiple saints name St. Valentin, and to make things even more difficult each has a gruesome story involving love!

## LOVE COSTS!

21.9 billion dollars was spent on Valentine's Day Gifts in 2021! What's even more shocking is that this is a drop from 2020, where 27.4 billion dollars was spent! And these numbers are just coveringg the amount spent in the United States!

## PETS NEED LOVE TOO!

We can't forget about our furry friends! An estimated 751.3 million dollars is spent by American households on Valentine's Day gifts for their pets!

## MEDICINE PLAYS A ROLE TOO!

Conversation hearts, the little heart-shaped candies with messaged actually came from innovation by a pharmacist. Oliver Chase created amachine that simplified the production of lozenges. However, his focus moved from medicine to candy and the result was America's first candy-making machine!

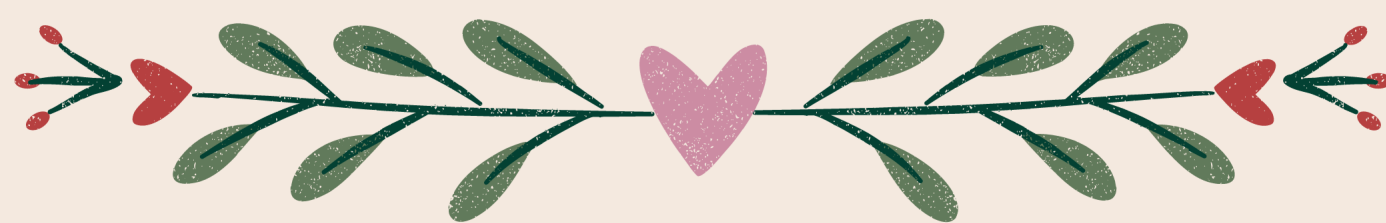
## OLDEST RECORDED VALENTINE!

The oldest recorded Valentine, in the sense that we know it, was sent in 1415. It was a poem written by a French duke to his wife. He was imprisoned in the Tower of London and sent it from there!





# VALENTINE'S DAY AROUND THE WORLD



## South Korea

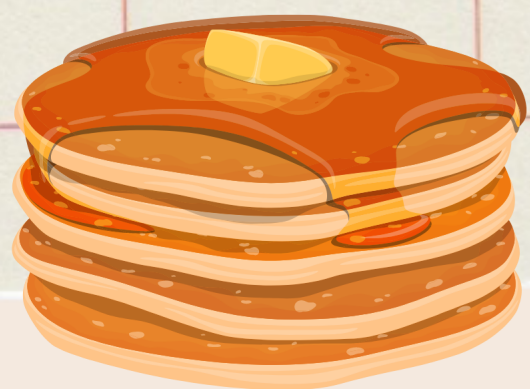
- Women give chocolate/gifts to men on Feb. 14th
- SK celebrates White Day (Mar. 14th) and Black Day (Apr 14th)
- White Day name stems from mainly giving white-colored gifts, which is the day men gift their significant other
- Black Day is where single people gather to eat Jjajyangmyeon or black bean noddles

## China

- Many different festivals throughout the year that are very similar to Valentine's Day
- Usually giving or exchanging gifts, however, some gifts must be avoided as they have a different meaning
- Umbrellas are not given to couples as it sounds the same as 'breaking up'

## United Kingdom

- UK celebrates very similarly to the US, giving gifts and going out to eat
- Many places hold anti-valentines day events for people who are single



## France

- Village named after St. Valentine that hold different events in dedication to love
- Roses are typically given as well as valentine's greetings where people send recorded messages to their loved ones
- Valentine's Day is also called La Saint-Valentin,





# A STUDENTS GUIDE TO RUN FOR STATE OFFICE

## BE YOURSELF!

It is important to do this because you will have more fun and have a true connection with Arizona HOSA and fellow officers!

## PRACTICE BASIC INTERVIEW QUESTIONS

This will help when the candidate interviews so the board can get to know you on a deeper level and how you can work with you officer team.

## BE ACTIVE IN YOUR COMMUNITY

Make sure to volunteer and help out your community any way you can! Join organizations and get involved!

## UPDATE YOUR RESUME

Make sure to update your resume! The board looks at your resume and sees what you do in your free time and what experience you have!



## BUILD RELATIONSHIPS

Make sure to do this step because whether it be a coach, teacher, or supervisor, they can be used for a letter of recommendation!

## HAVE GOOD ACADEMICS

Having a GPA of 3.0 and above qualifies you to apply.

## PRACTICE SPEAKING SKILLS

When you practice speaking skills, this will help you seem more professional and more confident in responses needed.

## VOTE





# Healthy Heart



Cardiovascular disease is the #1 cause of death in the US for both women and men. Having a healthy heart is a key component to avoid not only cardiovascular disease, but also for things such as reducing feelings of depression and to maintain cholesterol and blood pressure. There are so many things we can do to maintain a healthy heart. By making smart and small lifestyle choices, you can protect your heart and your overall well-being. Below are a few simple ways that you can start taking better care of your heart!

1. **Stay Active**- physical activity strengthens the heart
2. **Reduce Stress**- try out some activities (like meditating) that have a positive impact on your heart and mind
3. **Increase Fruits and Vegetables**- they contain important antioxidants and phytochemicals that help protect your heart
4. **Get Enough Sleep**- good amounts of sleep immediately have positive effects on your body
5. **Get Your Teeth Checked**- people with gum disease are 2-3 times more likely to have cardiovascular health problems