

Name:

Dept:

FEBRUARY 2018

HEALTHY HEART CHALLENGE

Do something heart healthy each day of the month! Below are some suggestions to help you get started.

- Exercise for more than 10 minutes
- Get your blood pressure checked
- Schedule your physical
- Find time to laugh
- Make a meatless meal
- Try a new vegetable
- If you need to lose weight, develop a weight loss plan
- Go on a hike
- If you use tobacco, make a plan to quit
 - o Sit to Quit Class!
- Get 7-9 hours of sleep each night
- Practice a relaxation technique
- Get your blood sugar checked
- Make a heart healthy meal
- Decrease simple sugar intake
- Decrease salt intake

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			