




HEART HEALTHY WELLNESS CHALLENGE

Challenge Details:

- About the Voluntary Challenge:** Heart Health month is an opportunity for all of us to be aware of the warning signs of heart attacks and strokes and to also know of healthy habits to prevent heart disease. Heart disease is the most common killer in the United States so please follow these healthy habits for long-term heart healthy lifestyle!
- How to Track:** Circle, "X," highlight, or add your initials for awareness of how many days you've participated in the Heart Healthy Challenge.



February is Heart Health Month.
What Motivates You to be Heart Healthy?

<p>Check your blood pressure</p> <p>Avoid the salt shaker at the table</p> <p>Unplug from technology for 15 minutes-light a candle or listen to music</p> <p>Check your waist circumference and compare to the desirable range</p> <p>Laughing can reduce inflammation in arteries. Watch a funny video!</p>	<p>Know Your Numbers! Schedule a preventive visit at your doctor</p> <p>Try yoga and/or meditation</p> <p>Try a salad dressing made with olive, walnut or pecan oil</p> <p>30 minutes of exercise! 15 min cardio, 15 min strength training</p> 	<p>Take the stairs instead of the elevator</p> <p>Plan ahead and create a week-long menu and cook at home!</p> <p>Use herbs and spices for flavor</p> <p>Try flavoring water with fresh lemon juice</p>	<p>Try the Mediterranean diet* for healthy omega-3's!</p> <p>Connect with relatives and determine your family's health history</p> <p>Get 7-8 hours of sleep</p> <p>Avoid tobacco, including second-hand smoke</p>	<p>30 minutes of physical activity</p> <p>Pack your gym bag and lunch to eliminate excuses</p> <p>Make a lean fish for lunch or dinner</p> <p>If you drink alcohol, do so in moderation. 2 servings/day for men; 1 serving/day for women.</p>	<p>Dip sweet mini peppers in homemade guacamole</p> <p>Schedule and annual physical and ask about your heart health</p> <p>During a break, do jumping jacks for 1 minute</p> <p>Take a walk with a friend, family member, or pet</p>	<p>Aim for at least 64 oz. of water per day.</p> <p>Make a meal with fruits and vegetables-the more color the better!</p> <p>Try oatmeal with walnuts & flaxseed for breakfast</p> <p>Try a new activity like biking, sports, swimming, etc</p>
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Number of Days Completed

Out of 29 Days

Great job on tracking your heart-healthy habits!
Thank you for your participation!