

The healthy heart challenge

We're excited that you've decided to participate. You're about to take the first step toward keeping your heart strong and protecting yourself against heart disease.

Dedicate this month to your heart. Simply choose five heart healthy activities and keep track of every activity you complete. Some activities only have to be done once, while others require a week-long or monthly commitment. Remember, even after this challenge is over, you can continue to incorporate the activities below into your everyday lifestyle. Take a look and pick which activities are right for you.

Date started	Activity	Date completed
	Heart walk Take a 30-minute walk with a coworker, friend or family member.	
	Heart healthy meal prep Prepare a meal that is good for your heart.	
	Hydrate for a healthy heart Replace sugary drinks, juices and other empty calorie drinks for one month.	
	Happy, healthy heart goals Set realistic goals for yourself to improve your heart health, such as eat well, exercise more or sleep better.	
	Heart healthy weight and measures Keep a log of your weight and waist measurements.	
	Stress less for a healthy heart Practice deep breathing exercises, desk stretches or take a walk at lunch.	
	Hold the sugar Replace sugary treats with healthy fruits and vegetables for one week.	
	Heart happy success Take a picture demonstrating how you're heart healthy and share it with a friend.	
	Heart happy " _____ " makes my heart happy! Do more of this.	
	Rest your heart Try going to bed 30 minutes early to get more sleep.	
	Know your risks Learn if you're at risk for coronary heart disease by visiting the National Heart, Lung, and Blood Institute's website at www.nhlbi.nih.gov/health-topics/coronary-heart-disease .	
	Know your blood pressure and cholesterol Have a healthcare provider check your blood pressure and cholesterol.	

Your name: _____

Date: _____

Your signature: _____

Thank you for participating in this challenge!



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