

# FEBRUARY – 28 DAYS TO A HEALTHY HEART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<sup>1</sup> Schedule your annual physical. Ask your doctor for your heart health goals
<sup>2</sup> Plan your menu for the week with heart healthy recipes	<sup>3</sup> Check your blood pressure. Avg is 120/80	<sup>4</sup> Stress less. Practice mindful meditation for 10 minutes	<sup>5</sup> Swap the sweets for a piece of fruit for dessert	<sup>6</sup> See how many push-ups you can do in one minute	<sup>7</sup> <b>National Wear Red Day</b>	<sup>8</sup> Aim for 30 minutes of physical activity today
<sup>9</sup> Phone a friend or neighbor and go for a walk	<sup>10</sup> Head to bed with enough time to get a full 8 hours of sleep	<sup>11</sup> Make a heart healthy snack with a friend or your family	<sup>12</sup> Squat it out. Do 1 minute of squats	<sup>13</sup> Add a stretch break to your day to increase flexibility	<sup>14</sup> Plan a heart healthy meal for someone you love	<sup>15</sup> Make today a salt-free day. Use herbs for flavor instead
<sup>16</sup> March in place during commercial breaks to get your heart going	<sup>17</sup> Share a funny video or joke that makes you laugh	<sup>18</sup> Fill half of your lunch and dinner plates with vegetables	<sup>19</sup> Reduce stress using relaxation techniques	<sup>20</sup> Dance for 15 minutes to your favorite music	<sup>21</sup> Try and drink at least 64 ounces of water	<sup>22</sup> Limit distractions during mealtime
<sup>23</sup> Aim for 30 minutes of physical activity today	<sup>24</sup> Give meatless Monday a try	<sup>25</sup> Journal about your day for 5 minutes	<sup>26</sup> Start your day with a healthy breakfast	<sup>27</sup> Walk an extra 15 minutes today	<sup>28</sup> Reflect on your heart healthy progress	