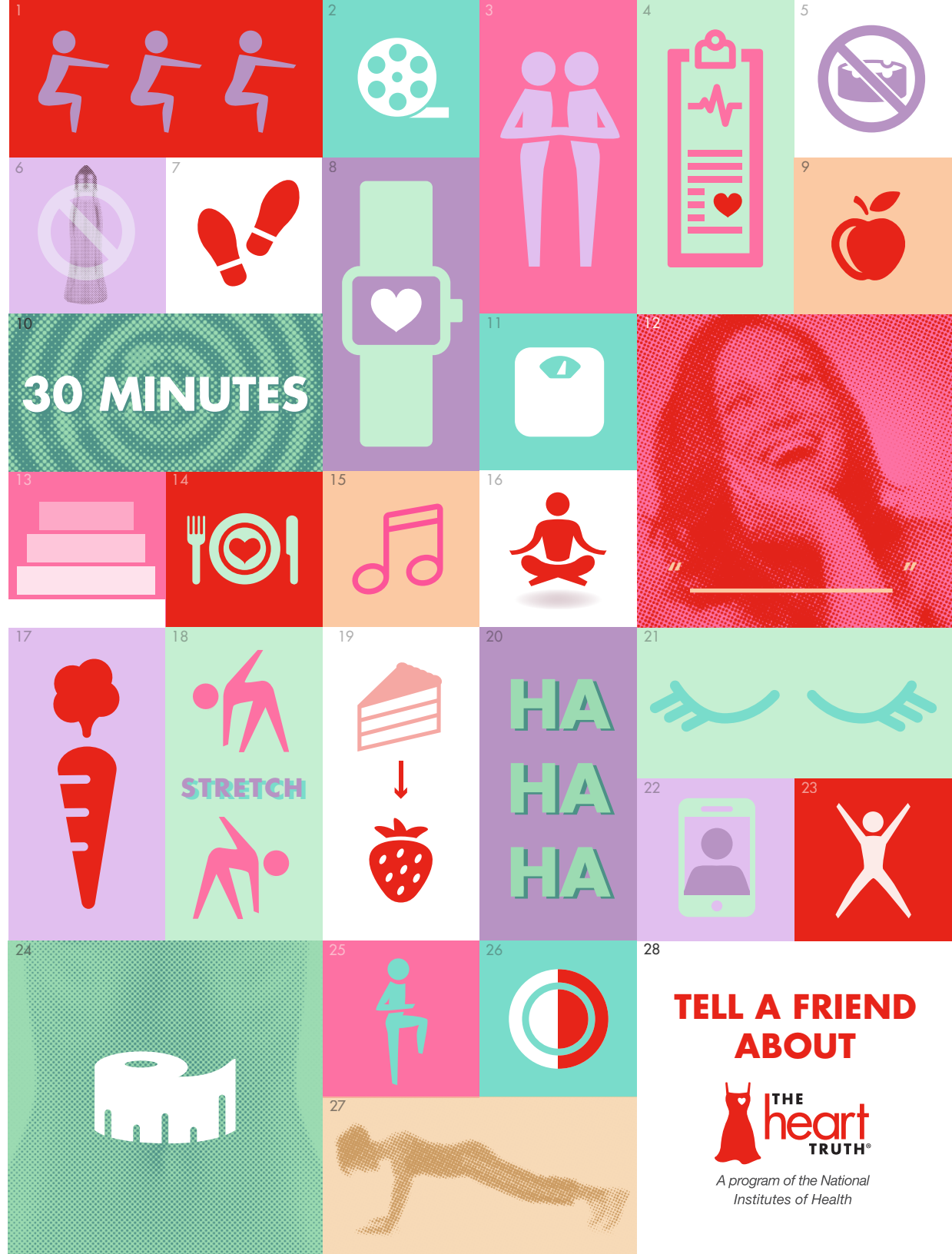


28 Days to a Healthy Heart

Share your success with The Heart Truth®

DATE CHALLENGE

- 1 Squat it out. Do 1 minute of squats.
- 2 Make a heart healthy snack and watch your favorite movie.
- 3 Try a friend's favorite physical activity.
- 4 Schedule your annual physical.
- 5 Visit Smokefree.gov to take the first step in quitting smoking.
- 6 Make today a salt-free day. Use herbs for flavor instead of salt.
- 7 Park further away or get off the bus a stop early.
- 8 Keep up the great work! Walk an extra 15 minutes today.
- 9 Plan your menu for the week with heart healthy recipes.
- 10 Aim for 30 minutes of physical activity today.
- 11 Calculate your body mass index (BMI).
- 12 Share your favorite inspirational quote with *The Heart Truth*®.
- 13 Give the elevator a day off and take the stairs.
- 14 Protect your sweetheart's heart: Plan a heart healthy date.
- 15 Dance, Dance, Dance! Dance to your favorite song.
- 16 Stress less. Practice mindful meditation for 10 minutes.
- 17 Make a heart healthy meal.
- 18 Add a stretch break to your calendar to increase your flexibility.
- 19 Swap the sweets for a piece of fruit for dessert.
- 20 Share a funny video or joke that makes you laugh.
- 21 Head to bed with enough time to get a full 8 hours of sleep.
- 22 Call three relatives and ask about your family health history.
- 23 Ask a friend to join you in your favorite exercise.
- 24 Take out a tape measure and find out the size of your waist.
- 25 March in place for 3 minutes to get your heart going.
- 26 Make half of your lunch and dinner plates vegetables.
- 27 See how many push-ups you can do in one minute.
- 28 Pay it forward and tell a friend about *The Heart Truth*.



TELL A FRIEND ABOUT



A program of the National Institutes of Health