

28 Days Towards a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.



Day 1: Take the [Heart Month pledge](#) to move more



Day 3: Squat it out. Do 1 minute of squats.

Day 4: Make a [heart healthy snack](#) for the Big Game.



Day 5: Visit [Smokefree.gov](#) to take the first step in quitting smoking.



Day 6: Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7: Schedule your annual physical.

Day 8: Calculate your body mass index (BMI).



Day 9: Go for the gold! Walk an extra 15 minutes today.



Day 10: Aim for 30 minutes of physical activity today.

Day 11: Plan your menu for the week with [heart healthy recipes](#).



Day 12: Share your favorite inspirational quote with *The Heart Truth*®.



Day 13: Give the elevator a day off and take the stairs.

Day 14: Protect your sweetheart's heart: Plan a heart healthy date.



Day 15: Swap the sweets for a piece of fruit for dessert.



Day 16: Stress less. Practice mindful meditation for 10 minutes.



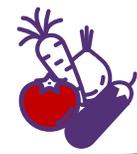
Day 17: Turn up the music and dance to your favorite song.



Day 18: Add a stretch break to your calendar to increase your flexibility.



Day 19: Give [Meatless Monday](#) a try.



Day 20: Share a funny video or joke that makes you laugh.



Day 21: Head to bed with enough time to get a full 8 hours of sleep.



Day 22: Call a relative and ask about your family health history.



Day 23: March in place during commercial breaks to get your heart going.



Day 24: Take out a tape measure and find out the size of your waist.



Day 25: Do three jumping jacks for every U.S. gold medal!



Day 26: Fill half of your lunch and dinner plates with vegetables.



Day 27: See how many push-ups you can do in 1 minute.



Day 28: Pay it forward and tell a friend about *The Heart Truth*®.

