28 Days Toward 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
Call a friend and join the #OurHearts movement.

Day 2
Make a heart-healthy snack.

Day 3
Schedule your annual physical. Discuss your heart health goals with your doctor.

Day 4
Squat it out. Do 1 minute of squats.

Day 5
Sport red today for National Wear Red Day.

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

Day 7
Visit Smokefree.gov to take the first step to quitting smoking.

Day 8
Get your blood pressure checked.

Day 9
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
Reduce stress using relaxation techniques.

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
Head to bed with enough time to get a full 7-8 hours of sleep.

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

Day 19
Eat vegetarian for a day.

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

Day 21
Dance for 15 minutes to your favorite music.

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
Get a tape measure and find out the size of your waist.

Day 25
Ask a family member or neighbor to join you for a walk.

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.

nhlbi.nih.gov/heartmonth