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
Grab a friend and join the #OurHearts movement.

Day 2
Make a heart healthy snack with a friend or your family.

Day 3
Schedule your annual physical. Ask your doctor for your heart health goals.

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

Day 5
Visit Smokefree.gov to take the first step to quitting smoking.

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

Day 7
Sport red today for National Wear Red Day.

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 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
Phone a friend or neighbor and go 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