

28 DAYS TOWARD A Healthy Heart



Complete the daily healthy habits and ideas below, then keep the momentum going and make your favorites part of your regular routine.

SUN	MON	TUE	WED	THU	FRI	SAT
 FEBRUARY		1 Make a heart-healthy snack.	2 Schedule your annual physical. Discuss your heart goals with your doctor.	3 Squat it out. Do one minute of squats.	4 Wear red today for National Wear Red Day.	5 Make today a salt-free day. Use herbs for flavor instead of salt.
8 Get your blood pressure checked.	9 Walk an extra 15 minutes today.	10 Aim for 30 minutes of physical activity today.	11 Swap the sweets for a piece of fruit for dessert.	12 Reduce stress using relaxation techniques.	13 Take the stairs or park further away from your destination.	14 Protect your sweetheart's heart: Plan a heart healthy date with your partner and/or kids.
15 Plan your menu for the week.	16 Stress less. Practice mindful meditation for 10 minutes.	17 Head to bed with enough time to get 7-8 hours of sleep.	18 Add a stretch break to your calendar to increase flexibility.	19 Eat extra veggies for lunch or dinner.	20 Share a funny video or joke that makes you laugh.	21 Dance for 15 minutes to your favorite music.
22 Call or text a loved one and let them know how much you appreciate them.	23 March in place during a commercial break to get your heart going.	24 Workout with a buddy.	25 Fill half of your lunch and dinner plates with vegetables.	26 Ask a family member or neighbor to join you for a walk.	27 Do one simple thing that fills your heart with joy. Ex: Painting, biking, singing, etc...	28 Go for a 15-minute walk.

Submit your skill builder to nmpsia.wellness@phs.org by March 10

Name: _____ Email _____

Wellness Amassador _____

