# **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 #0urHearts movement.



Day 2

Make a hearthealthy snack.

#### Day 3

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



Day 4

Sport red today for National Wear Red Day.

# Day 5

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



## Day 6

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



Visit Smokefree.gov to take the first step to guitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Aim for 30 minutes of physical activity today.



Plan your menu for the week with hearthealthy recipes.



Reduce stress using relaxation techniques.



**Day 13** 

Give the elevator a day off and take the stairs.



Protect your sweetheart's heart: Plan a hearthealthy date.



Swap the sweets for a piece of fruit for dessert.



**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 ioke 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**

**Day 16** 

Stress less, Practice

mindful meditation

for 10 minutes.

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 ioin vou for a walk.



lunch and dinner plates with vegetables.



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

#### **Day 28**

Pay it forward and tell a friend about The Heart Truth®.







