

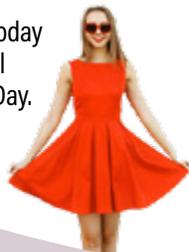
28 Days Towards a Healthy Heart



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

Sport red today for National Wear Red Day.



Day 2

Grab a friend and join the #OurHearts movement.

Day 3

Make a heart healthy snack for the Big Game.



Day 4

Squat it out. Do 1 minute of squats.

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

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

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

Give Meatless Monday a try.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Saturday Night Fever! Dance to your favorite song.



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

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*®.

