



28 Day Heart Healthy Challenge

Try one challenge per day for a month, then keep up the momentum and make your favorites part of your regular routine.



WEEK 1

1



Call a friend and join the heart healthy challenge together

2



Make a tasty, heart-healthy snack

3



Schedule your annual physical and discuss your heart health goals with your provider

4



Squat it out – try to do 1 minute of squats today

5



Wear red today for National Wear Red Day

6



Make sure you know your blood pressure numbers and other heart stats

7



Cook at home instead of going to a restaurant or ordering delivery

WEEK 2

8



Create your self-care checklist for this week

9



Aim for 30 minutes of physical activity today

10



Plan your menu for the week ahead and prepare your meals

11



Walk an extra 15 minutes today

12



Get outside during your lunch break

13



Replace sugary drinks with water for all 3 meals today

14



Pledge to take the stairs today

WEEK 3

15



Swap the sweets for a piece of fruit for dessert

16



Stress less – practice 10 minutes of mindful meditation

17



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

18



Add a stretch break to your calendar to increase your flexibility

19



Eat vegetarian for a day

20



Share a funny joke or video that makes you laugh

21



Dance for 15 minutes to your favorite music

WEEK 4

22



Share who inspires you to show your heart more love

23



March in place during commercial breaks to get your heart going

24



Try a healthy recipe that you've never made before

25



Ask a family member or friend to join you for a walk

26



Fill half of your lunch and dinner plates with vegetables

27



Try a workout you've never done before

28



Post about your favorite new way to take care of your heart