

# Healthy **HEART** Challenge

A new year means a whole new you, so start 2017 by making the commitment to try new things that promote heart healthy habits. During the month of February, follow the Healthy Heart Challenge to learn about and act upon a healthy heart tip each day. The goal of the challenge is to carry out each activity of the day. Once completed, put a "check" in the heart for the day. At the end of the month, count up the number of tips you were able to complete, and enter the number in the large heart on the calendar. Complete the calendar and know that you are working your way toward a heart healthy lifestyle.





























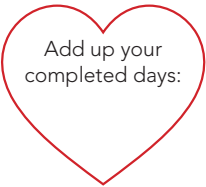
For daily inspiration and reminders check the Lima Memorial Health System facebook page!





# Healthy **HEART** Challenge

**FEBRUARY 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Baked is better! Commit to eating no fried foods today. Choose baked or grilled foods instead. 	2 Egg exchange! Try egg whites or egg substitutes in your omelet and other recipes to reduce cholesterol. 	3 Go nuts!! Snack on heart healthy nuts, like almonds, pecans or walnuts. 	4 Choose a low-fat version of salad dressing. 
5 NO salt Sunday! Steer clear of the salt shaker. Commit to adding no salt to your foods today. 	6 Snack transformation! Choose a heart healthy snack... sliced apples, yogurt or even popcorn. 	7 Milk makeover! Choose low fat or fat-free milk instead of whole milk. 	8 Ode to oils! Make a recipe using olive oil. 	9 Send a kind note to a friend. 	10 Get moving! Try the 20-8-2 rule at work. For every half hour, sit 20 minutes, stand 8 minutes and move about for 2 minutes. 	11 Go for whole! Make at least half your grains whole grains today. 
12 Colors of the rainbow! Fill half your plate with fruits and vegetables in a variety of colors. 	13 Meatless Monday! Don't eat meat and instead get your protein from beans, lentils and nuts. 	14 Valentine's Day! Enjoy time with a loved one and do enjoy a piece of dark chocolate. Dark chocolate is a great source of antioxidants. 	15 Wellness Wednesday! Get your heart healthy omega 3 fatty acids by including salmon or tuna in your next meal. 	16 Try something new like a whole grain pasta or whole oats. 	17 Watch a funny movie and LAUGH!! 	18 Know the warning signs! Visit Heart.org/HeartAttack to learn about the warnings signs of a heart attack. 
19 I spy... a healthy heart! While grocery shopping this week, buy a food item that displays the heart healthy check mark. It looks like this: 	20 Drink 32 oz. of water during your work day to stay hydrated and reduce fatigue. 	21 Keep track of your calorie intake. Use an app like MyFitness Pal to calculate the calories in everything you eat and drink. 	22 Reduce your calorie intake by 100 calories today. 	23 Sit still and breathe for 5 minutes. 	24 Visit the American Heart Association's website at <a href="http://www.heart.org">www.heart.org</a> and read at least two articles. 	25 Tea time! Switch out your coffee or soda for green tea. Studies show green tea can reduce cancer and heart disease. 
26 Me time! Schedule time for self-care / alone time. Think salon, spa or just plain silence. 	27 Start your morning right! Ramp up your metabolism by eating a high fiber breakfast. 	28 Congratulations, you've completed the Healthy Heart Challenge!! Now get 7-8 hours of sleep to rejuvenate your body. 	Add up your completed days: 			

Name \_\_\_\_\_

