Your Heart Healthy Challenge

It’s never too early to start heart healthy habits. Prevention goes along away for decreasing your risks for heart disease. Challenge yourself to start living healthy today. Commit to five heart healthy activities to engage in throughout the month. Here’s a list to get you started:

**1. Heart walk**

Take a 30-minute walk with a coworker, friend or family member.

**2. Heart healthy meal prep**

Prepare a meal that is good for your heart.

**3. Hydrate for a healthy heart**

Replace sugary drinks, juices and other empty calorie drinks for one month.

**4. Heart check-up**

Talk to your health care provider about having a healthy heart.

**5. Happy, healthy heart goals**

Set realistic goals for yourself to improve your heart health (eat well, more exercise, better sleep).

**6. Heart healthy weight and measures**

Check your weight and waist measurement and keep it for your reference.

**7. Stress less for a healthy heart**

Practice deep breathing exercises, desk stretches or take a walk at lunch.

**8. Hold the sugar**

Replace sugary treats with health fruits and vegetables for one week.

**9. Heart happy**

Do more of one thing that makes your heart happy.

**10. Rest your heart**

Try going to bed 30 minutes early to get more sleep.

