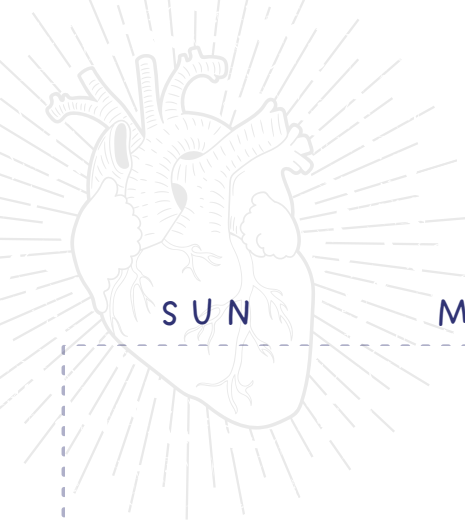


28 days of Healthy Heart Habits

FEBRUARY 2022



SUN

MON

TUE

WED

THU

FRI

SAT



Take a 5 minute walk.



Concentrate on your breath with guided breathing exercises.



"Healthy Hour". Get your heart rate up without alcohol.



Start your day with a healthy breakfast.



Register for a CPR class.



Try the 10-minute home workout at your desk.



Make a heart-health plan with your doctor.



Take a 10 minute walk.



Explore the practice of meditation.



"Healthy Hour". Get your heart rate up without alcohol.



Plan healthy snacks for Super Bowl LVII.



Learn the signs of heart attack, stroke & cardiac arrest.



Do some balance exercises during lunch.



Do something that brings you joy with someone you love.



Take a 15 minute walk.



Find a local yoga class or try a guided one online.



"Healthy Hour". Get your heart rate up without alcohol.



Plan your menu for the week with heart healthy recipes.



Research healthy alternatives to sodium.



Focus on flexibility during breaks or long meetings.



Do something that makes you laugh. Then do it again.



Take a 20 minute walk.



Revisit deep breathing exercises.



"Healthy Hour". Get your heart rate up without alcohol.



Try budget friendly heart healthy dinners.



Reduce stress with relaxation techniques.



Put on your favorite music and dance for 1 minute.



Pick 1 (or more) heart healthy habit to carry into March.

START SMALL.

LIVE BIG.

