

RISE TO THE CHALLENGE

30 DAY Heart Health Challenge.

Are you aware of just how powerful YOU are?
You have the power to stop heart disease.

Kick start your health by taking one small action for your heart every day for the next 30 days. It will keep your engine purring toward big benefits and a long and healthy life.

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| Make a heart-friendly snack 1 | Start your day with gratitude 2 | Go to bed early and get some extra rest 3 | Get an extra 10 minutes of physical activity 4 | Drink eight cups of water 5 | Fill half your plate with vegetables 6 | Try yoga 7 |
| Plan your exercise for the week (20 minutes a day) 8 | Dance to your favourite song 9 | Meditate for five minutes 10 | Do 15 squats 11 | Swap the sweets for a piece of fruit 12 | Plan a walk with a friend 13 | Skip one alcoholic beverage 14 |
| Chat to your friends about their heart health 15 | Do 20 squats 16 | Cut one soft drink out of your day 17 | Identify three stressors in your life 18 | Substitute seafood for red meat 19 | Create a meal plan for five dinners 20 | Go for a hike 21 |
| Plan your exercise for the week (30 minutes a day) 22 | Enjoy two pieces of fruit 23 | Choose oatmeal for breakfast 24 | Meditate for ten minutes 25 | Work in your garden 26 | Cut two soft drinks out of your day 27 | Do 30 squats 28 |
| Take your partner on a heart friendly date 29 | Write three heart health goals and make a plan 30 | | | | | |



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