

February 2020

HEALTHY HEART CHALLENGE

Good news! Healthy lifestyle behaviors **CAN** lower your risk for heart attack and other cardiovascular diseases. **FEBRUARY** is **HEALTHY HEART** month, making this perfect time to start improving your heart health and cardiovascular fitness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Jump into exercise! This will strengthen the heart and circulatory system, reduce cholesterol, and maintain <u>blood pressure</u> . https://power.henrico.us/health-trip (since we do not offer a Saturday & Sunday class the daily challenge should be to walk, jog, run, bike or swim for 30 minutes)
2 Reduce the amount of SALT in your FOOD! NO Processed food today! Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. The American Heart Association recommends that: 1500-2300mg of sodium a day.	3 Eat a colorful plate! The best way to get all the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups. https://www.heart.org/en/healthy-living/healthy-eating/add-color/eat-more-color	4 Eat NUTS & SEEDS! Nuts are high in monounsaturated fats, vitamin E, omega-3 & omega-6 fatty acid, magnesium, fiber and protein, may help to reduce the risk of coronary artery disease. The AHA recommends three to five servings per week (one serving is equivalent to a handful).	5 Use OLIVE OIL! Olive oil is rich in monounsaturated oleic acid, an essential fatty acid that lowers "bad" cholesterol and raises "good" cholesterol. Rich in antioxidants, it is one of the healthiest oils to use in cooking or for dressings.	6 Manage your STRESS! Manage Stress with deep breathing. Inhale 4 counts hold 4 counts, exhale 4 counts, relax 4 counts. Repeat breathing cycle for 1 minute, 5 times to day	7 Wear RED, Go RED, GLOW RED! National Wear Red Day as an awareness day for American women!	8 Meditation! Meditation can help you manage stress, sleep well and feel better, it shouldn't replace lifestyle changes like eating healthier, managing your weight, and getting regular physical activity. Try 15 minutes of mindful Meditation. Find a place, free of distractions.
9 Relax Time Yourself! Read a book, ride a bike, walk, hike, see a funny movie, perform a random act of kindness.	10 Portion Control!  https://www.mayoclinic.org/	11 Drink WATER! Drink 9 – 13 cups of water during your day to stay hydrated and reduce fatigue. https://www.heart.org/-/media/files/affiliates/wsa/oregon/oregon-rethink-your-drink-guidebook.pdf	12 Smile and Laugh more today! Laughter is the best medicine. https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456	13 Visit Heart.org/Heart Attack to learn signs of a heart attack. Post information in your office.	14 HAPPY VALENTINE'S DAY! Eat dark chocolate! https://www.heart.org/en/news/2019/02/12/are-there-health-benefits-from-chocolate	15 GO green & low fat and plain today! Green vegetables, low fat cheese, low fat snacks, low fat meals, plain yogurt, salad dressing, milk etc.
16 Tea TIME! Drink Green, black or herbal tea!	17 Start the day with Heart Healthy Breakfast!	18 Track your calorie intake! MyFitnessPal is one of the most popular calorie counters right now.	19 No SMOKING! Cigarettes and tobacco products contain many dangerous toxins. The best thing is to quit tobacco entirely.	20 Go MEATLESS today Eggs, soy beans, tofu, cottage cheese, Spinach, kale, beans, tofu, quinoa, nuts!	21 Eat Whole Grain! The AHA recommends at least six daily servings of whole grains.	22 MOVE more! Move more with more Intensity and sit less!
23 GO Fish! Choose fatty or oily fish to get essential Omega-3 fatty acids!	24 CUT Added Sugar! Woman: 6 teaspoons = 25 gr = 100 cal. Men: 9 teaspoons = 37.5 gr. = 150 cal.	25 Heart Healthy Snacks! Fruits, veggies, nuts & seeds, yogurt, low fat or fat free cheese, roasted chickpeas!	26 Manage Your Weight! Reduce your calorie intake today between 100 – 500calories.	27 Use Healthy Cooking Style! Use healthier cooking methods like roasting, grilling, baking or steaming.	28 Try Something NEW! Dancing, biking, painting, eating tofu, tempeh, brown rice, etc.	29 Healthy Heart days completed #: _____