



# 30-DAYS TO BETTER HEART HEALTH



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Go on a leisurely walk alone	Cut the sugar in your coffee and tea in half	Book a physical with your doctor, ask about your heart health	Skip dessert – choose fruit instead	Have a salt free day
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Plan your 150 minutes of exercise for the week	Start your day with gratitude	Plan a walk with a friend	Know your numbers! Check your blood pressure	Meal plan five heart-healthy dinners
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Spend 15 minutes dancing to your favourite tunes	Make a heart-healthy snack	Try meditating to reduce your stress	Get 30 minutes of exercise today	Fill half your plate with veggies
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Take the stairs	Skip alcohol – choose sparkling water instead.	Talk to the women in your life about their heart health	Skip the added sugar	Hydrate! Drink eight cups of water today
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Go to bed early and get some extra rest	Try a physical activity you have not done before	Identify three stressors in your life	Add 15 minutes of stretching to your morning routine	Walk an extra 15 minutes
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Choose fish or a vegetarian option for dinner	Do one minute of squats	Try yoga	Take a partner or friend on a heart-healthy date	Write three heart health goals for yourself and make a plan for the next year

# JOURNALING PAGE

*Define your vision for yourself. Where do you see your health in the future?*

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*Write 3 heart health goals for yourself*

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*How are you going to achieve those goals for yourself?*

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**Scan QR code for heart health resources**  
or visit: [libin.ucalgary.ca/community/resources/cardiovascular-health](http://libin.ucalgary.ca/community/resources/cardiovascular-health)

