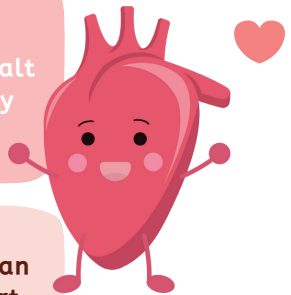


# 30 DAY Heart Health Challenge



Go on a leisurely walk	Cut the sugar in your coffee or tea in half	Book a physical with your doctor, ask about your heart health	Skip dessert - choose fruit instead	Have a salt free day
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
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
Take the stairs	Skip alcohol - choose sparkling water instead	Talk to the women in your life about their heart health	Add 15 minutes of stretching to your morning routine	Have a sugar free day
Hydrate! Drink eight cups of water today	Go to bed early and get some extra rest	Try a physical activity you have not done before	Identify three stressors in your life	Walk an extra 15 minutes
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

Share your challenge journey on social media and tag @Libininstitute