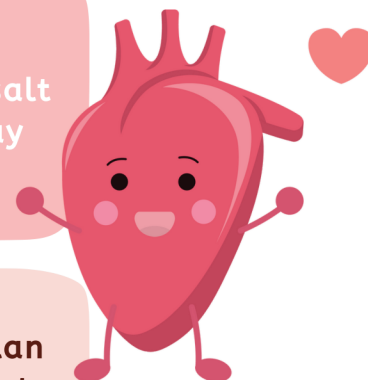


30 DAY Heart Health Challenge



Go on a
leisurely
walk alone

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