



WORKING FOR A
HEALTHIER TN



28 Days to a Healthy Heart Challenge

Are you aware of just how powerful YOU are? You have the power to stop a killer. According to the American Heart Association, heart disease is the number one killer of women, and is more deadly than all forms of cancer. In addition, heart disease accounts for one in every four male deaths in the U.S. All you have to do is adopt a few simple habits that will put you on the road to a heart healthy lifestyle. Preventive power lies with real changes to your lifestyle, which can reduce the risk for heart disease by as much as 80 percent.

For this challenge, you will have a daily activity to complete. (Don't worry if you don't complete each day's activity, just do your best!) Earn a maximum of 28 hearts (one heart for each day's activity). Note: Extra hearts are not awarded for additional activities.

DATE ACTIVITY

- 1 ♥ Eat five servings of [fruits](#) and [vegetables](#).
- 2 ♥ Do 15 [squats](#).
- 3 ♥ Schedule your annual physical.
- 4 ♥ Park further away from the entrance of work and stores.
- 5 ♥ Sport red for [National Wear Red Day](#).
- 6 ♥ Make today a salt-free day. [Use herbs and spices](#) for flavor instead of salt.
- 7 ♥ Make a [heart healthy snack](#) for the Big Game.
- 8 ♥ Get an extra 10 minutes of physical activity today.
- 9 ♥ Head to bed with enough time to get a full eight hours of sleep.
- 10 ♥ Aim for 30 minutes of [physical activity](#) today.
- 11 ♥ Calculate your [body mass index \(BMI\)](#).
- 12 ♥ Limit distractions during mealtimes.
- 13 ♥ Drink at least 48 ounces of [water](#) during the day.
- 14 ♥ Love on your loved ones. Plan a [heart healthy meal](#) or [activity](#) for someone you love.
- 15 ♥ Give [Meatless Monday](#) a try.
- 16 ♥ Stress less. Practice [mindful meditation](#) for 10 minutes.
- 17 ♥ Swap the sweets for a piece of fruit.
- 18 ♥ Add a [stretch break](#) to your calendar to increase your flexibility.
- 19 ♥ Share a funny video or joke that makes you laugh.
- 20 ♥ Dance to your favorite song.
- 21 ♥ Plan your meals for the week with [heart healthy recipes](#).
- 22 ♥ Incorporate [Deskercises](#) into your work day.
- 23 ♥ Start your day with a [healthy breakfast](#).
- 24 ♥ Take out a tape measure and find out the size of your [waist](#).
- 25 ♥ March in place for three minutes to get your heart going.
- 26 ♥ Make half of your lunch and dinner plates [vegetables](#).
- 27 ♥ Call a relative and ask about your [family medical history](#).
- 28 ♥ Make one [personal healthy S.M.A.R.T. goal](#) to achieve by March 31.

28 Days to a Healthy Heart Challenge Calendar

DIRECTIONS: Do your best to complete each day's activity to earn one ♥ per day. Earn a maximum of 28 ♥s total.

Note: Extra hearts are not awarded for additional activities.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|--|
| | | <input type="checkbox"/> 1 ♥ Eat five servings of fruits and vegetables . | <input type="checkbox"/> 2 ♥ Do 15 squats . | <input type="checkbox"/> 3 ♥ Schedule your annual physical. | <input type="checkbox"/> 4 ♥ Park further away from the entrance of work & stores. | <input type="checkbox"/> 5 ♥ Sport RED for National Wear Red Day . |
| <input type="checkbox"/> 6 ♥ Make today a salt-free day. Use herbs & spices for flavor instead of salt. | <input type="checkbox"/> 7 ♥ Make a heart healthy snack for the Big Game. | <input type="checkbox"/> 8 ♥ Get an extra 10 minutes of physical activity today. | <input type="checkbox"/> 9 ♥ Head to bed with enough time to get a full eight hours of sleep. | <input type="checkbox"/> 10 ♥ Aim for 30 minutes of physical activity today. | <input type="checkbox"/> 11 ♥ Calculate your body mass index (BMI) . | <input type="checkbox"/> 12 ♥ Limit distractions during mealtimes. |
| <input type="checkbox"/> 13 ♥ Drink at least 48 ounces of water during the day. | <input type="checkbox"/> 14 ♥ Love on your loved ones. Plan a heart healthy meal or activity for someone you love. | <input type="checkbox"/> 15 ♥ Give Meatless Monday a try. | <input type="checkbox"/> 16 ♥ Stress less. Practice mindful meditation for 10 minutes. | <input type="checkbox"/> 17 ♥ Swap the sweets for a piece of fruit. | <input type="checkbox"/> 18 ♥ Add a stretch break to your calendar to increase your flexibility. | <input type="checkbox"/> 19 ♥ Share a funny video or joke that makes you laugh. |
| <input type="checkbox"/> 20 ♥ Dance to your favorite song. | <input type="checkbox"/> 21 ♥ Plan your meals for the week with heart healthy recipes . | <input type="checkbox"/> 22 ♥ Incorporate Deskercises into your work day. | <input type="checkbox"/> 23 ♥ Start your day with a healthy breakfast . | <input type="checkbox"/> 24 ♥ Take out a tape measure and find out the size of your waist . | <input type="checkbox"/> 25 ♥ March in place for three minutes to get your heart going. | <input type="checkbox"/> 26 ♥ Make half of your lunch and dinner plates vegetables . |
| <input type="checkbox"/> 27 ♥ Call a relative and ask about your family medical history . | <input type="checkbox"/> 28 ♥ Make one personal healthy goal to achieve by March 31 st . | | | | | |

My Total ♥s Earned: _____ **(Submit your total hearts by clicking [HERE](#).)**

Send your challenge photo(s) with [permission](#) to WFHT.TN@tn.gov.