



The Heart Truth's

28 Days to a Healthy Heart



1. Squat it out. Do 1 minute of squats.
2. Schedule your annual physical.
3. Spot red today for National Wear Red Day.
4. Visit Smokefree.gov to take the first step in quitting smoking.
5. Make a heart healthy snack for the Big Game.
6. Do a pushup for every touchdown scored in the Super Bowl throughout the day.
7. Make today a salt-free day. Use herbs for flavor instead of salt.
8. Go for the gold! Walk an extra 15 minutes today.
9. Plan your menu for the week with heart healthy recipes.
10. Aim for 30 minutes of physical activity today.
11. Calculate your body mass index (BMI).
12. Share your favorite inspirational quote with The Heart Truth®.
13. Give the elevator a day off and take the stairs.
14. Protect your sweetheart's heart: Plan a heart healthy date.
15. Saturday Night Fever! Dance to your favorite song.
16. Stress less. Practice mindful meditation for 10 minutes.
17. Add a stretch break to your calendar to increase your flexibility.
18. Swap the sweets for a piece of fruit for dessert.
19. Share a funny video or joke that makes you laugh.
20. Give Meatless Monday a try.
21. Head to bed with enough time to get a full 8 hours of sleep.
22. Call three relatives and ask about your family health history.
23. Do 10 jumping jacks before every meal!
24. Take out a tape measure and find out the size of your waist.
25. March in place for 3 minutes to get your heart going.
26. Make half of your lunch and dinner plates vegetables.
27. See how many push-ups you can do in one minute.
28. Pay it forward and tell a friend about The Heart Truth.

