



# The Alpha Group Takes on “28 Days to a Healthy Heart”

Inspired by The Heart Truth



Date	Challenge
1	Squat it out! Do 1 minute of squats.
2	Schedule your annual physical.
3	Spot red today on National Wear Red Day.
4	Make a heart-healthy snack for the big game.
5	Do a pushup for every touchdown scored in the Super Bowl.
6	Visit <a href="https://smokefree.gov/">https://smokefree.gov/</a> to take the first step in quitting smoking.
7	Make today a salt-free day. Use herbs for flavor instead of salt.
8	Plan your menu for the week with heart-healthy recipes.
9	Go for the gold! Walk an extra 15 minutes today.
10	Calculate your body mass index (BMI).
11	Aim for 30 minutes of physical activity today.
12	Share your favorite inspirational quote using <a href="#">#alphacares</a> & <a href="#">#myheart28</a> .
13	Give the elevator a day off and take the stairs.
14	Protect your sweetheart's heart. Plan a heart-healthy date.
15	Stress less. Practice mindful meditation for 10 minutes.
16	Add a stretch break to your calendar to increase your flexibility.
17	Saturday Night Fever! Dance to your favorite song.
18	Swap the sweets for a piece of fruit for dessert.
19	Give meatless Monday a try.
20	Share a funny video or joke that makes you laugh.
21	Head to bed with enough time to get a full 8 hours of sleep.
22	Call 3 relatives and ask about your family health history.
23	Take out a tape measure and find out the size of your waist.
24	March in place for 3 minutes to get your heart going.
25	Do 3 jumping jacks for every U.S. Gold Medal!
26	Make half of your lunch and dinner plates vegetables.
27	See how many push-ups you can do in 1 minute.
28	Pay it forward and tell a friend about The Heart Truth