



# 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 challenge to complete. Participants can earn a maximum of 28 points (one point for each day's challenge). Points are not awarded for additional healthy habits.

## DATE CHALLENGE

- 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 Walk an extra 10 minutes 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 goal](#) to achieve by March 31.

# 28 Days to a Healthy Heart Challenge Calendar

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

**Total Points:** \_\_\_\_\_

Take photos during the challenge, with [permission](#), and send to [wfht.tn@tn.gov](mailto:wfht.tn@tn.gov).