

# 28 Days Toward a Healthy Heart



Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

Day 1

Call a friend and join the #OurHearts movement.



Day 2  
Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4  
Sport red today for National Wear Red Day.

Day 5

Squat it out. Do 1 minute of squats..



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit [Smokefree.gov](http://Smokefree.gov) to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9  
Walk an extra 15 minutes today.



Day 10  
Aim for 30 minutes of physical activity today.



Day 11  
Plan your menu for the week with heart-healthy recipes



Day 12  
Reduce stress using relaxation techniques



Day 13  
Give the elevator a day off and take the stairs.

Day 14  
Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16  
Stress less. Practice mindful meditation for 10 minutes.



Day 17  
Head to bed with enough time to get a full 7-8 hours of sleep

Day 18  
Add a stretch break to your calendar to increase your flexibility.



Day 19  
Eat vegetarian for a day.



Day 20  
Share a funny video or joke that makes you laugh.

Day 21  
Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23  
March in place during commercial breaks to get your heart going.



Day 24  
Get a tape measure and find out the size of your waist.

Day 25  
Ask a family member or neighbor to join you for a walk.



Day 26  
Fill half of your lunch and dinner plates with vegetables.



Day 27  
See how many push-ups you can do in 1 minute.

Day 28  
Pay it forward and tell a friend about your Healthy Heart

