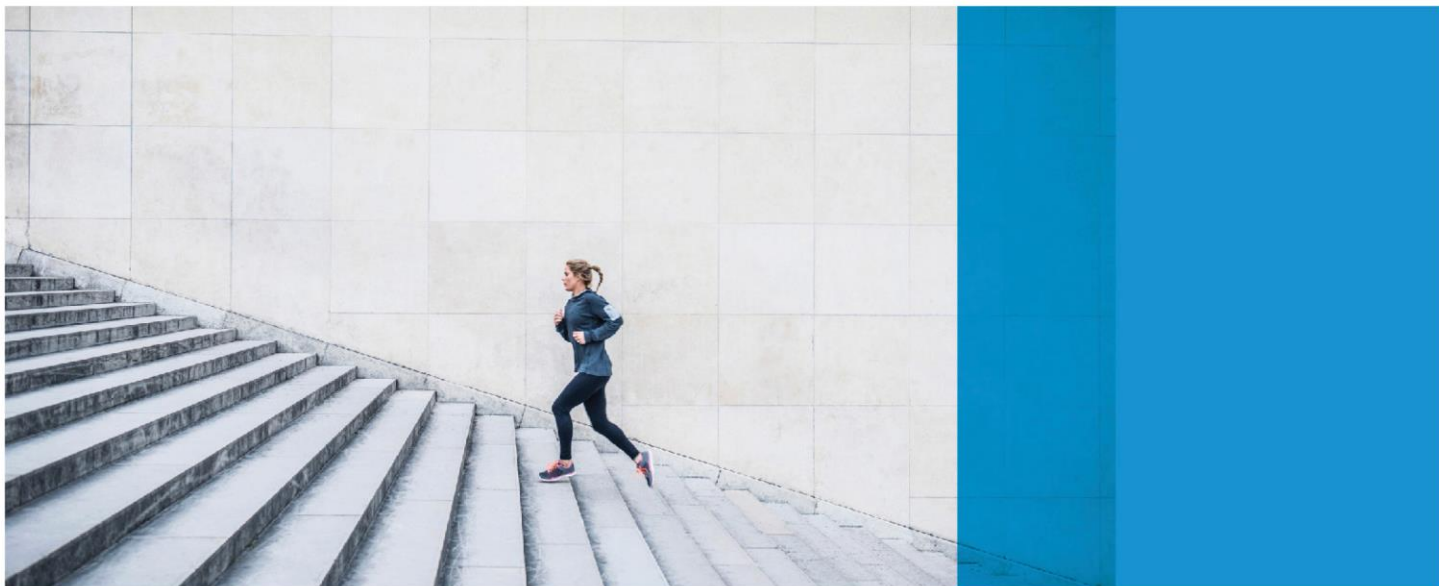


## ***The healthy heart challenge***



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It's never too early to start heart healthy habits. Prevention goes a long way toward decreasing your risks for heart disease. Challenge yourself to start living healthy today. Commit to five heart healthy activities to engage in throughout the month. Here's a list to get you started:

### **1. Heart walk**

Take a 30-minute walk with a coworker, friend, or family member.

### **2. Heart healthy meal prep**

Prepare a meal that is good for your heart.

### **3. Hydrate for a healthy heart**

Replace sugary drinks, juices, and other empty calorie drinks for one month.

### **4. Heart check-up**

Talk to your healthcare provider about having a healthy heart.

### **5. Happy, healthy heart goals**

Set realistic goals for yourself to improve your heart health (eat well, exercise more, sleep better).

## **6. Heart healthy weight and measures**

Check your weight and waist measurement and keep it for your reference.

## **7. Stress less for a healthy heart**

Practice deep breathing exercises, desk stretches, or take a walk at lunch.

## **8. Hold the sugar**

Replace sugary treats with healthy fruits and vegetables for one week.

## **9. Heart happy**

Do more of one thing that makes your heart happy.

## **10. Rest your heart**

Try going to bed 30 minutes early to get more sleep.

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