

HEART HEALTH FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
	 HealthCheck360	 @HealthCheck360	 @HealthCheck360			
2	3	4	5	6	7	8
 <p>Plan for Success Avoid the "What's for dinner?" question by taking time today to plan out dinners for the week. Check out a new recipe on our blog!</p>	<p>Motivation Monday Start your week off right by not skipping your workout! Don't have time after work? Go for a walk during your lunch break.</p>	<p>Rethink your Drink Many drinks contain hidden sugars that can contribute to health issues. Choose water over sugary beverages for a healthier option.</p>	 <p>Free Webinar Ready to shake up your exercise routine? Join our coaching webinar on exercise hot topics today at Noon CT!</p>	<p>Success is not final, failure is not fatal: It is the courage to continue that counts.</p>	<p>Wear Red Day Heart disease accounts for 1 in 5 deaths. Spread awareness today by wearing red!</p>	 <p>Weekend Workout Don't let your routine fall to the wayside on the weekends. Get moving for 30 minutes today. You'll be glad you did!</p>
9	10	11	12	13	14	15
<p>The groundwork for all happiness is good health.</p>	 <p>Rest Up Sleep is critical to keep you on track with your health goals. Aim to get 7-8 hours of sleep every night.</p>	<p>Just Say No It's okay to say "no" to obligations that drain you. Keep your mental well-being in check by not overloading your plate!</p>	 <p>Monthly Newsletter The February Live Well, Work Well newsletter is here! Download your copy today.</p>	<p>Start Small New to exercise? Start small! Aim to take a 30-minute walk 3-4 times this week. Track your progress to help you hit your goals!</p>	 <p>Happy Valentine's Day!</p>	<p>Choose Whole Grains Swap out refined grains for whole grains like brown rice, oats, and whole wheat. These contain more fiber and nutrients.</p>
16	17	18	19	20	21	22
<p>Sunday Sit Down Take time today to reflect on your goals. What would you like to accomplish this week?</p>	<p>Choose Kindness Celebrate Random Act of Kindness Day by doing something kind for a friend or a stranger today!</p>	<p>Stress Management Stress can lead to high blood pressure and heart disease. Try relaxing activities like yoga, meditation, or deep breathing. Visit our blog for more tips!</p>	<p>Healthy Fats Healthy fats in avocados, nuts, and olive oil are heart heroes! They kick bad cholesterol to the curb and keep your heart healthy.</p>	 <p>Drink Up Start your day with 8 oz. of water to give yourself a leg up on your daily water intake and kickstart your metabolism.</p>	<p>Go Fish! Eating a diet rich in omega-3 fatty acids can help ward off heart disease. Add in a fish recipe into your dinner menu 1-2 times a week.</p>	<p>The harder you work for something, the greater you'll feel when you achieve it.</p>
23	24	25	26	27	28	
<p>Simple Swaps Out to eat this weekend? Swap your fries with a side salad or fresh veggies for a healthier option.</p>	 <p>Plan Ahead Sign up NOW for our March webinar. You'll learn about tools for navigating better nutritional options when grocery shopping.</p>	<p>Food is Fuel Make sure your diet includes high protein, good fats, and carbs to fuel your workouts this week.</p>	 <p>Write it Out One of your best wellness tools is a journal. Keep a gratitude journal to cultivate positivity in your life.</p>	<p>Laugh Out Loud Don't just LOL in your texts, laugh it out in real life! Laughing can lower stress hormones and decrease inflammation in your arteries.</p>	<p>Go Nuts! Tree nuts deliver a powerful punch of heart-healthy fats, protein, and fiber. Include them in your diet to help lower your risk of cardiovascular disease.</p>	

SHARE YOUR STORY & INSPIRE OTHERS

