










HEART HEALTH FEBRUARY

SHARE
YOUR STORY
& INSPIRE
OTHERS



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|---|--|
| | | | | | | 1 New Month, New Goals A new month is a great time to hit reset on your diet or exercise routine! Track your goals to help make progress. |
| 2  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! | 3 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. | 4 Rethink your Drink Many drinks contain hidden sugars that can contribute to health issues. Choose water over sugary beverages for a healthier option. | 5  Free Webinar Ready to shake up your exercise routine? Join our coaching webinar on exercise hot topics today at Noon CT! | 6 Success is not final, failure is not fatal: It is the courage to continue that counts. | 7 Wear Red Day Heart disease accounts for 1 in 5 deaths. Spread awareness today by wearing red! | 8  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! |
| 9 The groundwork for all happiness is good health. | 10  Rest Up Sleep is critical to keep you on track with your health goals. Aim to get 7-8 hours of sleep every night. | 11 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! | 12  Monthly Newsletter The February Live Well, Work Well newsletter is here! Download your copy today. | 13 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! | 14  Happy Valentine's Day! | 15 Choose Whole Grains Swap out refined grains for whole grains like brown rice, oats, and whole wheat. These contain more fiber and nutrients. |
| 16 Sunday Sit Down Take time today to reflect on your goals. What would you like to accomplish this week? | 17 Choose Kindness Celebrate Random Act of Kindness Day by doing something kind for a friend or a stranger today! | 18 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! | 19 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. | 20  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. | 21 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. | 22 The harder you work for something, the greater you'll feel when you achieve it. |
| 23 Simple Swaps Out to eat this weekend? Swap your fries with a side salad or fresh veggies for a healthier option. | 24  Plan Ahead Sign up NOW for our March webinar. You'll learn about tools for navigating better nutritional options when grocery shopping. | 25 Food is Fuel Make sure your diet includes high protein, good fats, and carbs to fuel your workouts this week. | 26  Write it Out One of your best wellness tools is a journal. Keep a gratitude journal to cultivate positivity in your life. | 27 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. | 28 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. | |