















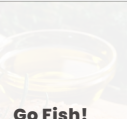


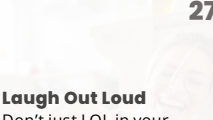



HEART HEALTH FEBRUARY

SHARE
YOUR STORY
& INSPIRE
OTHERS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				 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 meaningful progress.	 Wear Red Day Heart disease accounts for 1 in 4 deaths. Spread awareness today by wearing red!	 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!
	 HealthCheck360	 @HealthCheck360	 @HealthCheck360			
4 Sunday Sit Down Take time today to reflect on your goals. What would you like to accomplish this week?	5  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.	6  Rethink your Drink There can be lots of hidden sugar in drinks that can lead to significant health problems. Skip your sugary beverage and opt for water instead.	7  Free Webinar Tune into our coaching webinar today for tips on upping your fitness game using just your body!	8 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!	9 It's not about adding years to your life, it's about adding life to your years.	10  Rest Up Sleep is critical to keep you on track with all your wellness goals. Aim to get 7-8 hours of sleep every night.
11 Take care of your body. It's the only place you have to live. -JIM ROHN	12 Kick the Habit There are many steps you can take to help protect your health and blood vessels. Avoiding tobacco is one of the best. Learn more on our blog today.	13 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!	14  Happy Valentine's Day!	15  Monthly Newsletter The February Live Well, Work Well newsletter is here! Download your copy today.	16  Take 30 Minutes Strive to get active every day for at least 30 minutes. Consistent exercise will boost your mood, improve your health, and lower your chance of heart disease.	17  Get Inspired Check out these success stories of participants who have changed their lives for the better on our website.
18  Stress Management Stress can lead to high blood pressure and heart disease. Try relaxing activities like yoga, meditation, or deep breathing. Browse our blog for more stress management tips!	19  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!	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  Plan Ahead Sign up NOW for our March webinar. You'll learn about the importance of protein and discover the best sources to enrich your diet.	23 The groundwork for all happiness is good health. -LEIGH HUNT	24 Simple Swaps Out to eat this weekend? Swap your fries with a side salad or fresh veggies for a healthier option.
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.	29  Leap Year Take advantage of the extra day to improve your health and well-being. Go for a walk, read a book, or make a healthy meal for dinner tonight.		