

# FIT 4 LIFE

## FEBRUARY 2023

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 #ItStartsInParks  
 #Fit4Life



### LET'S WORK OUR HEART.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		<b>1</b> Take the Heart Month Pledge to move more.	<b>2</b> Get your blood pressure checked.	<b>3</b> <b>#OurHearts</b> National Wear Red Day	<b>4</b> Make a heart healthy snack.
<b>5</b> Go for a walk. Walk often? Walk an extra 15 minutes.	<b>6</b> Add a stretch break to your calendar to increase flexibility. <a href="#">Link to stretch.</a>	<b>7</b> Drink plenty of water.	<b>8</b> During lunch walk around your workplace, take a trip up and down the stairs.	<b>9</b> Make a red fruit smoothie. <a href="#">Link to recipe.</a>	<b>10</b> Take the stairs instead of the elevator.
<b>11</b> Prepare a heart healthy dish. Planning to attend a Super Bowl party? Share this dish.	<b>12</b> March in place during commercial breaks to get your heart going.	<b>13</b> Give Meatless Monday a try and go vegetarian today.	<b>14</b> Enjoy some dark chocolate. Dark chocolate helps to lower blood pressure.	<b>15</b> Manage stress. Work out, journal, try guided meditation.	<b>16</b> Know your family's health history.
<b>17</b> Add a stretch break to your calendar to increase flexibility. <a href="#">Link to stretch.</a>	<b>18</b> Swap the sweets for a piece of fruit for dessert.	<b>19</b> Share a funny joke or video that makes you laugh.	<b>20</b> Heart attacks happen most often on Mondays. Make sure to know the closest AED location.	<b>21</b> Aim for 30 minutes of exercise a day for 5 days a week.	<b>22</b> Add an office workout to your day. <a href="#">Link to work out.</a>
<b>23</b> Take a walk during your lunch break.	<b>24</b> Make sure to get a good nights rest.	<b>25</b> Check out Cheerios for delicious heart healthy recipes. <a href="#">Link to Cheerios.</a>	<b>26</b> Try one or a few... Limit your salt intake, eat more fish, eat high fiber foods.	<b>27</b> Add a stretch break to your calendar to increase flexibility. <a href="#">Link to stretch.</a>	<b>28</b> Reflect on the month and think about all the positive steps you have made towards healthy living.