

FIT 4 LIFE

FEBRUARY 2023

Tag us:
 #ItStartsInParks
 #Fit4Life



LET'S WORK OUR HEART.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
 Take the Heart Month Pledge to move more.

2
 Get your blood pressure checked.

3
#OurHearts
 National Wear Red Day

4
 Make a heart healthy snack.

5
 Go for a walk. Walk often? Walk an extra 15 minutes.

6
 Add a stretch break to your calendar to increase flexibility.
[Link to stretch.](#)

7
 Drink plenty of water.

8
 During lunch walk around your workplace, take a trip up and down the stairs.

9
 Make a red fruit smoothie.
[Link to recipe.](#)

10
 Take the stairs instead of the elevator.

11
 Prepare a heart healthy dish. Planning to attend a Super Bowl party? Share this dish.

12
 March in place during commercial breaks to get your heart going.

13
 Give Meatless Monday a try and go vegetarian today.

14
 Enjoy some dark chocolate. Dark chocolate helps to lower blood pressure.

15
 Manage stress. Work out, journal, try guided meditation.

16
 Know your family's health history.

17
 Add a stretch break to your calendar to increase flexibility.
[Link to stretch.](#)

18
 Swap the sweets for a piece of fruit for dessert.

19
 Share a funny joke or video that makes you laugh.

20 Heart attacks happen most often on Mondays. Make sure to know the closest AED location.

21
 Aim for 30 minutes of exercise a day for 5 days a week.

22
 Add an office workout to your day.
[Link to work out.](#)

23
 Take a walk during your lunch break.

24
 Make sure to get a good nights rest.

25
 Check out Cheerios for delicious heart healthy recipes.
[Link to Cheerios.](#)

26
 Try one or a few... Limit your salt intake, eat more fish, eat high fiber foods.

27
 Add a stretch break to your calendar to increase flexibility.
[Link to stretch.](#)

28 Reflect on the month and think about all the positive steps you have made towards healthy living.