



Heart Health Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Sign up for weekly wellness challenges at http://fh.ext.wvu.edu/wellness	2 Laugh! Call a friend and share a joke or funny story.	3 Celebrate Wear Red Day! Ask family and friends to wear red, too.	4 Share an entrée with a spouse or friend when eating out.
5 Learn the warning signs of a heart attack at: GoRed.org	6 Get plenty of rest. It helps control blood pressure, stress, and weight.	7 Enjoy an extra glass of ice water, hot tea or other calorie-free beverage.	8 Start today-weigh yourself each morning. This is proven to help control weight.	9 Eat with other people. You'll eat less than if you eat alone.	10 Add colors to your plate—juicy oranges, sweet pepper strips, crunchy carrots.	11 Brush <u>and floss</u> your teeth often to get rid of harmful bacteria.
12 Do a Random Act of Kindness. Helping others helps you live longer!	13 Been awhile since your last health checkup? Call today to schedule one.	14 Get your blood pressure checked.	15 Families that eat together are healthier. Turn off TV, cell phones, and enjoy!	16 Tell your doctor you want help in achieving your goal of heart health.	17 Eat small amounts during the day. Don't skip meals.	18 Diabetes is a risk factor for heart disease. Have your blood sugar tested.
19 Avoid fried foods. Ask for other veggies instead of fries. Broil or bake meats.	20 Move more - 30+ minutes of physical activity on most days of the week.	21 Take a walk after dinner instead of watching TV.	22 Add fiber to meals—canned beans to soup, salad, rice.	23 To lower your stress, put on relaxing music and stretch.	24 If you smoke, set a quit date. Offer help to a smoker friend.	25 Avoid second-hand smoke. Ask others not to smoke in your home and car.
26 Limit salt. Compare sodium amounts on food labels.	28 Bring a fruit snack to work.	29 Write physical activity "appointments" on March calendar dates.				

Did you know... heart disease is largely *preventable!*

Try these 29 ways to a healthier heart. Draw a heart on each day you do the tip. Daily choices can add or subtract years to your life!

