

31 DAYS IN MAY TO A HEALTHIER HEART - MAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HEALTHY HABITS		1 Look around your kitchen. Put tempting snacks out of sight.	2 Notice every bite. Enjoy each flavor, texture and temperature.	3 Put a sign on the fridge: "Open only if hungry!"	4 Celebrate Cinco de Mayo. Play zippy music while you eat.	5 Send a note to someone you admire as an exceptional mother.	6 Turn off TV, phones and distractions during mealtime.
MOVE MORE	7 Play with your pet to lower stress.	8 Stand up and walk in place each time you talk on the phone.	9 Keep a water bottle with you to stay hydrated all day.	10 Today, do everything at a faster pace.	11 Do stretches while you brush your teeth.	12 When you sit, set a timer to go off in 30 minutes. Take a movement break.	13 Blast your favorite song and dance to your heart's content.
CONNECT WITH OTHERS	14 Remind women to care for their health every day.	15 Schedule relaxed social time with friends and family.	16 Dining with others? Who can spot the healthiest menu options?	17 Give hugs to lower blood pressure and reduce stress.	18 List all the special people in your life. Keep it by your bedside.	19 Mix sparkling water and strawberries. Say a toast to others about why they are special.	20 Invite a friend to take a walk with you.
NUMBERS TO KNOW	21 5-2-1-0: Daily goal of 5+ fruits/veggies, <2 hrs. screen time, 1 hr. activity, 0 sugary drinks.	22 2,300: Eat less than 2,300 mg sodium a day.	23 18.5 to 24.9: See if your Body Mass Index is "normal" at cdc.gov	24 120/80: Check your blood pressure regularly.	25 2: Eat baked or grilled fish twice a week.	26 35 (women) or 40 (men): Keep waist measurement under 35"/40".	27 6 (women) or 9 (men): Daily limit for teaspoons of added sugar.
ADD COLOR TO LIFE	28 Stir chopped spinach into cooked pasta, rice, eggs or any hot dishes.	29 Whirl strawberries, banana and ice cubes. Voila, luscious sorbet!	30 Keep raw, cut up veggies ready to grab and go.	31 Put fruit in a bowl on the table or counter.	<p><i>WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes: minorities, females, individuals with disabilities and veterans.</i></p> <p><i>The WVU Board of Governors is the governing body of WVU. The Higher Education Policy Commission in West Virginia is responsible for developing, establishing and overseeing the implementation of a public policy agenda for the state's four-year colleges and universities.</i></p>		