

# YOUNG AT HEART CHALLENGE

28 DAYS OF HEART HEALTH

**1**

Get your blood pressure checked

**2**

Try guided meditation (check YouTube for examples)

**3**

Infuse Omega fatty acid into your diet with a new fish recipe or walnuts

**4**

Share your favorite joke with a friend

**5**

Enjoy a cup of green tea



**6**

Put on your favorite music and dance to a song you like

**7**

Write a journal entry about what makes you happy

**8**

Get at least eight hours of sleep by going to bed earlier

**9**

Add whole grains to a meal with brown rice another side dish

**10**

Pump iron and do some strength training exercises

**11**

Get in some extra steps and go for a walk

**12**

Get a check-up with your primary care doctor

**13**

Wear red on Go Red Day, Feb. 2

**14**

Make someone a Valentine's Day card

**15**

Add more fiber into your day with a bowl of oatmeal or lentil soup

**16**

Enjoy a meal that's low in saturated fat

**17**

Try a vegetable you've never had before

**18**

Drink a glass of red wine

**19**

Savor a piece of dark chocolate

**20**

Watch a Facebook Live chat with our heart docs (date TBD)

**21**

Pet an animal



**22**

Try some gentle stretching exercises

**23**

Complete a jigsaw puzzle

**24**

Give someone you love a hug

**25**

Watch a funny movie

**26**

Participate in a seated or gentle yoga session

**27**

Work on a heart-related craft project

**28**

Tell someone what you learned about heart health this month and take a group photo to celebrate

