



Feb 2017

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*You're off to great places!
Today is your day!
Your mountain is waiting,
so...get on your way!*

- Dr. Seuss

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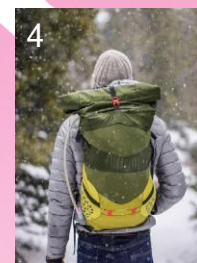
Start this month focusing on your heart healthy goals. Write your three new health goals below.

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Reducing stress helps your heart to be healthy. Lower stress levels by focusing on your breathing.

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Plan your tasty and heart healthy meals for the week.

Start with this healthy recipe.

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Turn on your favorite music and get 30 minutes of heart healthy exercise a day.

Learn more [here](#).

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What are your three favorite things about the winter season?

Start a good thoughts journal.

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Send kind words to your Valentine today.

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Research shows that 10,000 daily steps is heart healthy.

Learn more [here](#).

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Enjoy the chilly outdoors. Take a walk outside and enjoy time with your Valentine.

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A healthy blood pressure helps you have a healthy heart.

Learn more [here](#).

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Are you still meeting your health focuses for the month?

Check them in the box below.

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Drinking water is important to keeping your body healthy. Try drinking 8 glasses of water a day.

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

Feb

Strengthen

Heart Health



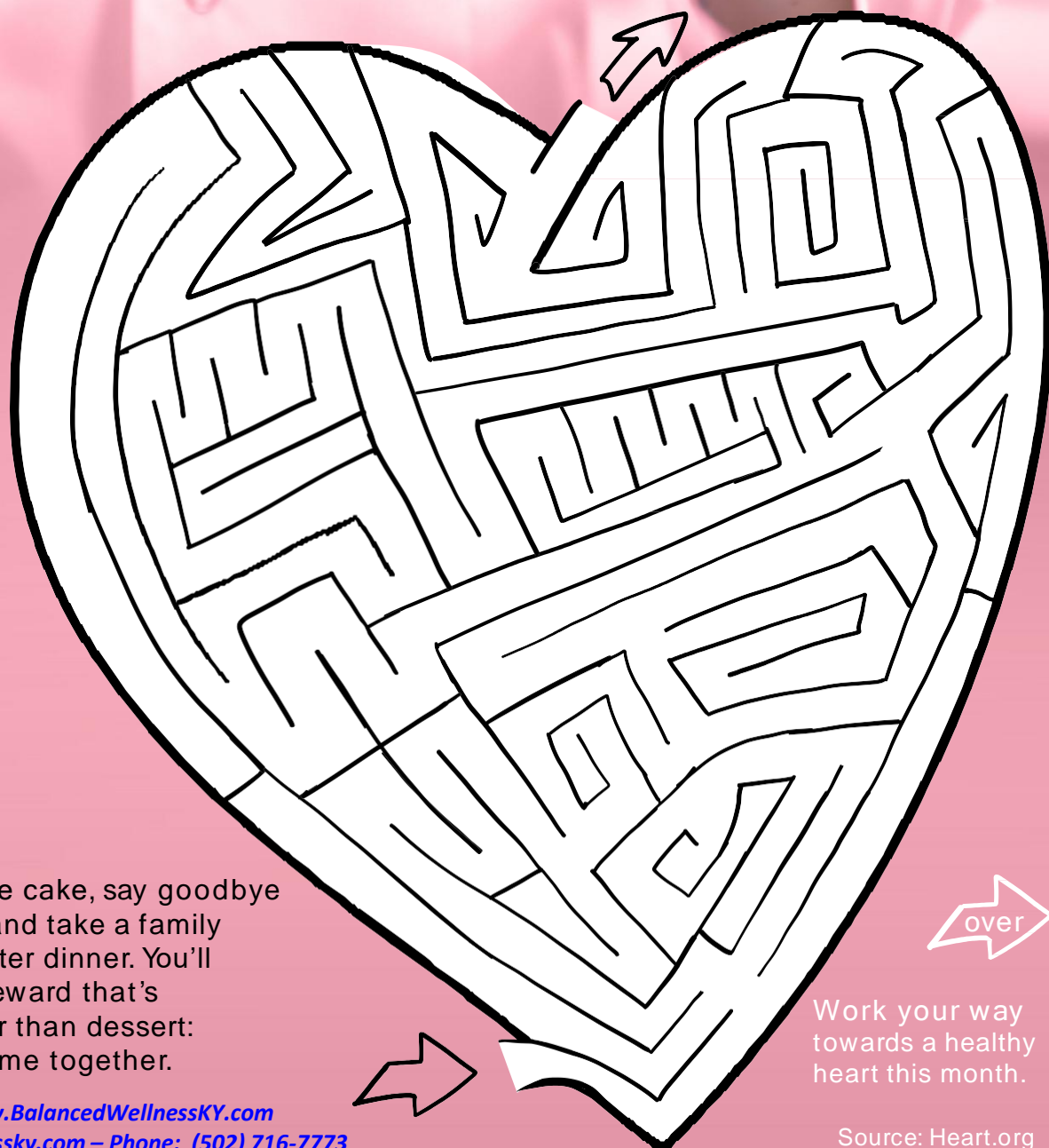
Park and walk. How many times have you circled the parking lot to find “the” spot? Spare yourself the stress and gain more energy by parking farther from your destination.



Slow down and stress less. Try to pace instead of race. Plan ahead and allow enough time to get the most important things done.



Skip the cake, say goodbye to pie and take a family walk after dinner. You’ll get a reward that’s sweeter than dessert: more time together.



Work your way towards a healthy heart this month.