



HEART HEALTHY ACTIVITY CALENDAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 1

1
Track your steps for the day

2
Start or end your day with meditation

3
Download a nutrition app to track what you eat

4
Head to bed with enough time to get a full 8 hours of sleep

5
National Wear Red Day to raise awareness about heart disease

6
Walk, run or bike to your favorite Woodridge Park District park

7
Make a heart healthy snack for the Super Bowl

WEEK 2

8
Meal plan for the week

9
See how many push-ups you can do in 1 minute

10
Schedule your annual physical

11
Stand and stretch every hour today at work

12
Sign Up for the Run Your Ice Off Virtual Race Challenge

13
Make one personal healthy goal to achieve by March 31st

14
Cook a heart healthy meal for date night

WEEK 3

15
Schedule time this week for self-care

16
Walk or run at the ARC's indoor track

17
Aim for 30 minutes of physical activity today

18
Drink at least 48 ounces of water during the day

19
Do yoga with the family

20
Saturday Night Fever! Dance to your favorite song

21
Walk an extra 15 minutes today

WEEK 4

22
Give Meatless Monday a try

23
Swap the sweets for a piece of fruit for dessert

24
Add a stretch break to your calendar to increase your flexibility

25
Park further away from the entrance of work and stores

26
Participate in the Hearts for Heroes Luminary Walk

27
Fill half of your lunch and dinner plates with vegetables

28
Reduce stress using relaxation techniques