

28 Days Towards a Healthy Heart



Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

Day 1

Grab a friend and join the #OurHearts movement.



Day 2

Make a heart healthy snack with a friend or your family.

Day 3

Schedule your annual physical. Ask your doctor for your heart health goals.



Day 4

Squat it out. Do 1 minute of squats.

Day 5

Visit Smokefree.gov to take the first step to quitting smoking.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Sport red today for National Wear Red Day.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart healthy recipes](#).



Day 12

Reduce stress using relaxation techniques.



Day 13

Give the elevator a day off and take the stairs.



Day 14

Protect your sweetheart's heart: Plan a heart healthy date.

Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.



Day 17

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

Day 18

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



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.



Day 25

Phone a friend or neighbor and go for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

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

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).

