






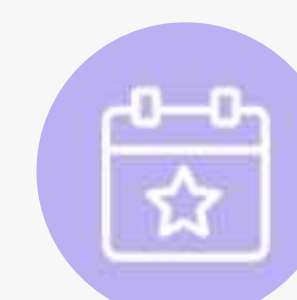

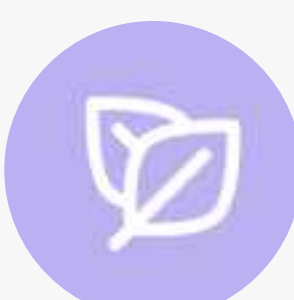

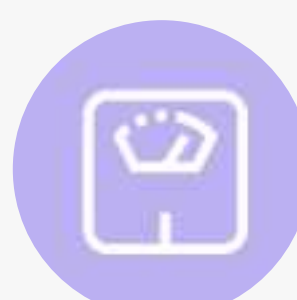

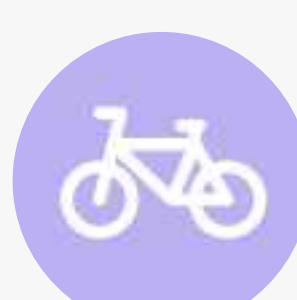
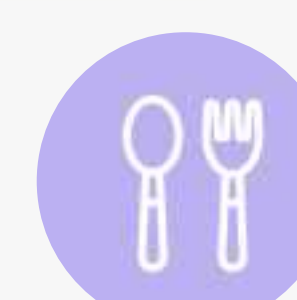
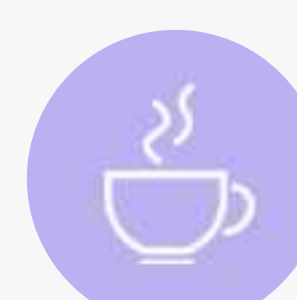

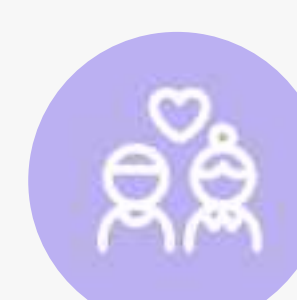




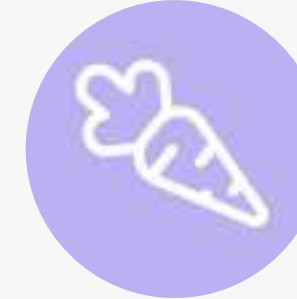





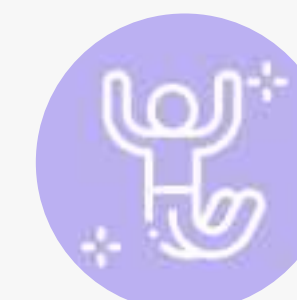


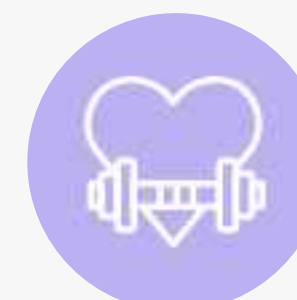
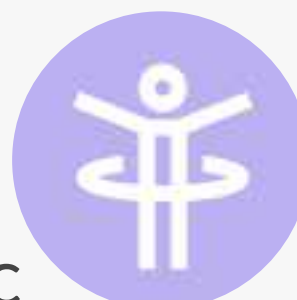
# TOWARDS A HEALTHY HEART



Holistic Healing Heart CENTER

TRY ONE OF THESE TIPS EACH DAY FOR A MONTH, THEN KEEP UP THE MOMENTUM AND MAKE YOUR FAVORITES PART OF YOUR REGULAR ROUTINE.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Take The Heart Month Pledge To Move More.  <b>1</b>
Make A Heart Healthy Shack For The Big Game.  <b>2</b>	Squat It Out. Do 1 Minute Of Squats.  <b>3</b>	Schedule Your Annual Physical.  <b>4</b>	Quit Smoking.  <b>5</b>	Make Today A Salt-Free Day. Use Herbs For Flavor Instead.  <b>6</b>	Sport Red Today For National Wear Red Day.  <b>7</b>	Calculate Your Body Mass Index (BMI)  <b>8</b>
Go For The Gold! Walk An Extra 15 Min Today.  <b>9</b>	Aim For 30 Min Of Physical Activity Today.  <b>10</b>	Plan Your Menu For The Week With Healthy Recipes.  <b>11</b>	One Cup Wednesday: Stick To One Cup Of Coffee.  <b>12</b>	Give The Elevator A Day Off And Take The Stairs.  <b>13</b>	Protect Your Sweetheart's Heart: Plan A Healthy Date.  <b>14</b>	Swap The Sweets For A Peice Of Fruit For Desert.  <b>15</b>
Stress Less. Practice Mindful Meditation For 10 Min.  <b>16</b>	Share Your Favorite Inspirational Quote With Us.  <b>17</b>	Add An Extra Stretch Break.  <b>18</b>	Give Meatless Wednesday A Try.  <b>19</b>	Share Something Funny That Makes You Laugh.  <b>20</b>	Get A 8 Hours Of Sleep.  <b>21</b>	Call A Relative And Ask About Your Family Health History.  <b>22</b>
Exercise During Commercial Breaks.  <b>23</b>	Take Out A Tape Measure And Find Out The Size Of Your Waist.  <b>24</b>	Do 5 Jumping Jacks For Every US. Gold Medal.  <b>25</b>	Fill Half Of Your Meals With Vegetables.  <b>26</b>	See How Many Push-Ups You Can Do In One Minute.  <b>27</b>	Pay It Forward And Tell A Friend About The Heart Truth.  <b>28</b>	Arrange For Cardiac Genetic Testing To Identify Any Personal Risk Factors.  <b>29</b>