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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
		DAY 1 Take the Heart Month pledge to move more 	DAY 2 Sport red today for National Wear Red Day 	DAY 3 Squat it out. Do 1 minute of squats. 	DAY 4 Make a heart healthy shack for the Big Game. 	DAY 5 Visit Smokefree.gov to take the first step in quitting smoking 
DAY 6 Make today a salt-free day. Use herbs for flavor instead of salt. 	DAY 7 Schedule your annual physical. 	DAY 8 Calculate your body mass index (BMI) 	DAY 9 Go for the gold! 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 Share your favorite inspirational quote with The Heart Truth. 
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 piece of fruit for dessert. 	DAY 16 Stress less. Practice mindful meditation for 10 minutes. 	DAY 17 Turn up the music and music and dance to your favorite song. 	DAY 18 Add a stretch break to your calendar to increase your flexibility. 	DAY 19 Give Meatless Monday a try. 
DAY 20 Share a funny video or joke that makes you laugh. 	DAY 21 Head to bed with enough time to get a full 8 hours of sleep. 	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 Take out a tape measure and find out the size of your waist. 	DAY 25 Do three jumping jacks for every U.S. gold medal! 	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. 