

# 28 Days Toward a Healthy Heart

#OurHearts  
are healthier together

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

Call a friend and join the [#OurHearts](#) movement.



## Day 2

Make a heart-healthy snack.

## Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



## Day 4

Sport red today for National Wear Red Day.

## Day 5

Squat it out. Do 1 minute of squats.



## Day 6

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



## Day 7

Visit [Smokefree.gov](#) to take the first step to quitting smoking.



## 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 7-8 [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

Ask a family member or neighbor to join you 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](#).

