



FEBRUARY IS HEART HEALTH MONTH



Check out these **29 ideas** to support your heart this month!

Sun

Mon

Tue

Wed

Thu

Fri

Sat

| | | | | | | |
|--|---|--|--|---|---|---|
| | | | | 1 Go for a 10 minute walk. | 2 Prioritize your sleep. | 3 Snuggle a pet, stuffed animal, or something cozy. |
| 4 Do a fun activity that you used to like as a kid. | 5 Check out an in person or virtual yoga class. | 6 Make sure you are up-to-date with your doctor visits. | 7 Take the stairs today. | 8 Try a new recipe with vegetables. | 9 Ask for help for something you need help with. | 10 Dance to your favorite song. |
| 11 Focus on drinking water today. | 12 Sing outloud. | 13 Make one small change to improve your sleep environment. | 14 Spend some time in nature for meditation. | 15 Be mindful of your portion sizes. | 16 Try a new deep breathing technique. | 17 Reach out to a friend you haven't talked to in a while. |
| 18 Give yourself a heartfelt compliment. | 19 Eat a piece of fruit that you haven't tried before. | 20 Take intentional breaks from sitting today. | 21 Think about 3 things you are grateful for. | 22 Use a bedtime routine. | 23 Try a new fish recipe. | 24 Do something creative. |
| 25 If you smoke, consider cutting back or quitting. | 26 Ask a friend to go for a walk with you. | 27 Spend some time journaling. | 28 Eat a high fiber food today. | 29 Get your blood pressure checked. | | |

You can get support with your **heart health** goals.

To schedule a 15-30 minute health coaching phone appointment, call (520) 879-6009.



The Diabetes Prevention & Treatment Program