



# HEART HEALTH CHALLENGE

brought to you by the Latin ERG

# FEBRUARY 2024

The Latin ERG meets the first Tuesday every month @ 2:30 PM via Teams. Contact: gtorres@asfl.org to learn more.

Snack Right Sunday	Make Time Monday	Tasty Tuesday	Work it Wednesday	Thrive on Thursday	Fun Friday	Stay Fit Saturday
<p>♥ This calendar contains links to websites for resources.            ♥ Remember to send your HEART HEALTHY SELFIE to <a href="mailto:cjones1@asfl.org">cjones1@asfl.org</a> for our social media.            ♥ Please check with your health care provider to ensure you have no medical contraindications before attempting any physical exercises.</p>				<p><b>1</b> ♥ Drink at least 48 ounces of <u>water</u> during the day.</p>	<p><b>2</b> ♥ Wear RED for National Wear Red Day.            ♥ Attend Women's Heart Health Presentation 2-3p (<a href="#">Sign up on Cornerstone</a>).</p>	<p><b>3</b> ♥ Aim for 20 minutes of physical activity while listening to your Latin playlist.</p>
<p><b>4</b> ♥ Plan your meals for the week with heart healthy <a href="#">recipes</a>.</p>	<p><b>5</b> ♥ Stress less. Practice <u>mindful meditation</u> for 10-15 minutes.</p>	<p><b>6</b> ♥ Drink at least 48 ounces of water during the day (try adding fresh fruit for flavor).   <a href="#">2:30 PM Latin ERG</a></p>	<p><b>7</b> ♥ Aim for 30 minutes of physical activity while listening to your Latin playlist.</p>	<p><b>8</b> ♥ Park further away from the entrance of work &amp; stores.</p>	<p><b>9</b> ♥ Wear RED &amp; show it off            ♥ Walk in place for 3-5 minutes to get your heart going</p>	<p><b>10</b> ♥ Ask a family member or neighbor to join you for a 30 minute walk.</p>
<p><b>11</b> ♥ Make a heart healthy snack.            ♥ Spend time outside &amp; enjoy the sunshine or any weather <u>outside</u> with a loved one (including pets).</p>	<p><b>12</b> ♥ Make 1 personal healthy goal to achieve by March 31st</p>	<p><b>13</b> ♥ Make half of your lunch &amp; dinner plates vegetables.</p>	<p><b>14</b> ♥ Incorporate <u>Deskercises</u> into your workday while listening to your Latin playlist.</p>	<p><b>15</b> ♥ Do at least 1 minute of squats or jumping jacks.            OR            ♥ Complete extra <u>household chores</u>.</p>	<p><b>16</b> ♥ Wear RED &amp; show it off.            ♥ Laughter is good for the heart-Share a clean funny video or joke that makes you laugh.</p>	<p><b>17</b> ♥ Aim for 45 minutes of physical activity or try to hit at least 10,000 steps today while listening to your Latin playlist.</p>
<p><b>18</b> ♥ Start your day with a healthy breakfast.</p>	<p><b>19</b> ♥ Schedule your annual physical or any <u>preventative care</u> visits.</p>	<p><b>20</b> ♥ Try to eat vegetarian for a day OR eat a lean protein.</p>	<p><b>21</b> ♥ Dance or exercise to your Latin playlist.            ♥ Schedule your <u>biometrics appointment</u> (GO GOLD)</p>	<p><b>22</b> ♥ Aim for 45 minutes of physical activity today while listening to your Latin playlist</p>	<p><b>23</b> ♥ Wear RED &amp; show it off.            ♥ Spend time with loved ones doing a winter exercise together (ice skating, sledding or snowshoeing etc.) (including pets).            Share a pic of your pets in RED.</p>	<p><b>24</b> ♥ Go for a walk &amp; increase the time by 15 minutes.</p>
<p><b>25</b> ♥ Swap the sweets for a piece of fruit for dessert.            ♥ Watch a comedy movie/show with a loved one (including pets).</p>	<p><b>26</b> ♥ Head to bed with enough time to get a full 8 hours of sleep.</p>	<p><b>27</b> ♥ Make it a salt-free day. Use herbs &amp; spices for flavor instead of salt.</p>	<p><b>28</b> ♥ Aim for 60 minutes of physical activity today while listening to your Latin playlist.</p>	<p><b>29</b> ♥ Add a <u>stretch break</u> to your calendar to increase your flexibility.</p>	<p>Find the <a href="#">Spotify ERG List</a> here.</p>	