

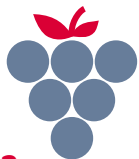


AMERICAN HEART HEALTH MONTH

MOVE TOWARDS A HEALTHY HEART

Try the tip for each day listed, then keep up the momentum and make your favorites part of your regular routine.

Day 1
Grab a friend and set a commitment to make heart healthy changes together.



Day 2
Make a heart healthy snack.

Day 3
Schedule your annual physical. Ask your doctor for your heart health goals.



Day 4
Squat it out. Do 1 minute of squats.

Day 5
Sport red today for National Wear Red Day.



Day 6
Get your blood pressure checked.



Day 7
Walk an extra 15 minutes today

Day 8
Aim for 30 minutes of physical activity today.



Day 9
Plan your menu for the week with heart healthy recipes.

Day 10
Reduce stress using meditation techniques.



Day 11
Swap the sweets for a piece of fruit for dessert.



Day 12
Stress less. Practice mindful meditation for 10 minutes.

Day 13
Head to bed with enough time to get a full 8 hours of sleep.

Day 14
Add a stretch break to increase your flexibility.



Day 15
Eat vegetarian for a day.

Day 16
Call a relative and ask about your family health history.



Day 17
March in place during commercial breaks to get your heart going.



Day 18
Try going vegan for one meal.

Day 19
Phone a friend or neighbor and go for a walk.



Day 20
Fill half of your lunch and dinner plates with vegetables.

St. Charles AAA

February 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 1 Sliced Turkey Breast Brown Gravy Cheese Whip Potatoes Glazed Carrots Wheat Bread Banana Moonpie Margarine | 2 Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Mandarin Oranges Mustard Ketchup Chocolate Milk | 3 Ham/Blackeyed Peas Rice Coleslaw Spinach Cornbread Fresh Banana Margarine | 4 Smothered Chicken Candied Spiced Yams Green Peas/Pepper Wheat Bread Fudge Creme Cookie Margarine | 5 Tuna Salad Broccoli/Cauliflower Corn Chowder Wheat Bread (2) Chocolate Chip Cookie |
| 8 Meatballs with Creole Sauce Lima Beans Capri Vegetables Hoagie Bun Applesauce | 9 Red Beans & Sausage Brown Rice Tossed Salad w/Drsg Turnip Greens Cornbread Fudge Creme Cookie Margarine | 10 Chicken w/Penne Broccoli Glazed Carrots Wheat Bread Orange Juice Margarine | 11 Breakfast Sausage or Ham Grits Cranberry Juice Hot Spiced Apples Biscuit Fruit & Grain Bar Margarine/Jelly | 12 Meatloaf Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Vanilla Pudding |
| 15 Chicken & Sausage Jambalaya Cabbage Carrots Dinner Roll Oatmeal Creme Cookie Margarine | 16 Closed | 17 ASH WED SPCL Shrimp Etouffee Rice Green Bean/Red Pep Fruit Blend Juice Wheat Bread Birthday Cake Ice Cream | 18 Hamburger Lettuce/Tomato/Pickle Baked Beans Hamburger Bun Fresh Orange Mayonnaise Mustard Chocolate Milk | 19 Seafood Salad Vegetable Soup Broccoli Saltine Crackers Peanut Butter Bar |
| 22 Beef Chili w/Beans Spinach Whole Kernel Corn Saltine Crackers Tropical Fruit Margarine | 23 Chicken Rice Casserole Stewed Tomatoes Green Beans Wheat Bread Oatmeal Creme Cookie Margarine | 24 Ham & White Beans Rice Carrots Pickled Beets Cornbread Fresh Orange Margarine | 25 Penne Pasta with Meat Sauce Tossed Salad Italian Vegetables Dinner Roll Apple Cobbler Salad Dressing | 26 LENT SPECIAL Tuna Salad Potato Salad Lettuce/Tomato/Pickle Wheat Bread (2) Fruit & Grain Bar |
|  | Each Meal is Served with 1/2 Pint of 2% Milk | | | |