

February 2020

28 Heart Healthy Tips

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>February is American Heart Month!</p> 	<p>28 Heart Healthy Tips</p> <p>from</p> <p>Every1 Moves</p> <p>www.every1moves.com</p> <p>#every1moves</p>				<p>1 Write your "Why?" for getting healthy this month.</p> <p>Ask a friend or family member to be your accountability partner.</p>	<p>2 Make a list of realistic health goals for this month.</p> <p>Meal Prep 5 nutritious snacks for this week.</p>
<p>3 Post a motivational quote on your mirror and/ or fridge.</p>	<p>4 Replace sugary drinks by drinking more water.</p>	<p>5 <u>Workout Wednesday</u> Go for a walk outdoors with a friend. Pets count too!</p>	<p>6 <u>Try it Thursday</u> 20 Sit and Stands (2 sets of 10 reps)</p> <p>Need More? Jump from your chair, using your arms for momentum.</p>	<p>7 Make a list of your WINS this week.</p> <p>You did a GREAT job!</p>	<p>8 Go for a walk in a new park today.</p>	<p>9 Meal Prep nutritious 5 breakfasts for this week.</p>
<p>10 Try Something New this Week! People who enjoy hobbies have lower stress levels.</p>	<p>11 Aim to eat a serving of fruits and vegetables.</p>	<p>12 <u>Workout Wednesday</u> Turn up the volume and dance to your favorite songs.</p>	<p>13 <u>Try it Thursday</u> Try a green smoothie. Spinach and kale are excellent options.</p>	<p>14 Love Watching TV? Try doing some cardio during the commercial break. (i.e. Walk around your sofa, jog in place, etc.)</p>	<p>15 Cook a new fish recipe at home, Tuna, salmon, sardines are all high in Omega-3 heart healthy fats.</p>	<p>16 Meal Prep 5 nutritious lunches for the week.</p> <p>Meditate for 5-10 mins. to help lower stress.</p>
<p>17 Do something kind for someone today.</p>	<p>18 Need More Zzzz? Go to sleep 30 mins. to 1 hour earlier tonight.</p>	<p>19 <u>Workout Wednesday</u> Take the stairs at work.</p>	<p>20 <u>Try it Thursday</u> Eat a "new to you" vegetable.</p>	<p>21 Write 5 good things that happened to you this week.</p>	<p>22 Treat yourself to something special.</p>	<p>23 Meal Prep 5 nutritious dinners for this week.</p>
<p>24 Send a friend or loved one an uplifting letter or text.</p>	<p>25 Try fruit infused water today. Lemons, oranges, berries and fresh herbs are great choices.</p>	<p>26 <u>Workout Wednesday</u> Park farthest away from the store.</p>	<p>27 <u>Try it Thursday</u> Stretch it out! Yoga and Pilates has been found to reduce cardiovascular disease.</p>	<p>28 Make a list of qualities you love about yourself!</p> <p>YOU'RE AWESOME!</p>	<p>Follow Every1 Moves on Facebook and Instagram at #every1moves for more wellness tips and motivation.</p>	<p>THANK YOU for being a member of the Every1 Moves Community.</p> <p>You Belong Here!</p>