

KEEP THE BEAT

Healthy Heart Challenge:
Build habits that make your
heart happy



Activity tracker

Challenge dates: _____ to _____

I Heart Myself

Remind yourself to make deliberate decisions about your heart health.

Target: Complete each activity, up to 5 times each, with a total goal of 30. Fill in a heart for each completed activity. *See activity details on reverse.*

1. Heart Healthy Breakfast	♡	♡	♡	♡	♡	total:
2. Lucky Number 7	♡	♡	♡	♡	♡	total:
3. Pump It!	♡	♡	♡	♡	♡	total:
4. Add Some Color	♡	♡	♡	♡	♡	total:
5. Go Nuts	♡	♡	♡	♡	♡	total:
6. Don't Stress It	♡	♡	♡	♡	♡	total:
7. Skip the Salt	♡	♡	♡	♡	♡	total:
8. Walk It Off	♡	♡	♡	♡	♡	total:
9. Keep the Pressure Off	♡	♡	♡	♡	♡	total:
10. Raise a Glass	♡	♡	♡	♡	♡	total:

Your total activities for this challenge =

(Challenge goal: 30 activities)

Outcome: Did your heart health habits improve during the challenge? Yes No



Qualify for Challenge Rewards! Turn in your tracker to be included in Health Tradition's quarterly drawing for a Fitbit Flex®.

Name: _____ Male Female
Organization name: _____
 Employee Spouse/family Current Health Tradition member? Yes No
Age (optional): 18-29 30-44 45-59 60+

Your feedback is appreciated! Did you benefit from this challenge?
Want to do it again? Have ideas to make it more enjoyable?

Keep the Beat: Healthy Heart Challenge

Heart disease is something you really don't want. It's the leading cause of death for men and women in the United States and claims more lives than all forms of cancer combined. The good news? It can often be prevented with healthy lifestyle choices.

Try each of these up to five times during the challenge to kickstart your heart-healthy habits.

1. Have a Heart Healthy Breakfast

What's a healthy breakfast? The Harvard Heart Letter suggests these whole grains, fruits, and healthy protein sources.

- » Bowl of steel-cut oatmeal topped with fruit and walnuts
- » Bowl of high-fiber, whole-grain cereal such as Fiber One, Shredded Wheat, or Cheerios with milk and sliced banana, strawberries, blueberries, or other fruit
- » 6 or 8 ounces of 1% yogurt with blueberries and sunflower seeds
- » Whole-grain English muffin with peanut butter
- » Omelet made with one egg and one egg white (or egg substitute) whole-grain toast and orange slices
- » Smoothie made with milk, yogurt, orange or pineapple juice, strawberries or blueberries, and banana, plus some oat bran, ground flax seeds or wheat germ for extra fiber and healthful oils

2. Lucky Number 7

Sleep is essential for a healthy heart. Those who don't sleep enough are at higher risk for heart disease.

- » Focus on getting at 7–8 hours of sleep every night.

3. Pump It!

Getting regular exercise, especially aerobic exercise, is one of the best things to do for yourself and your heart. It's good for your blood pressure, cholesterol, energy level, mood and more.

- » Each 30-minute bout of aerobic exercise qualifies as one activity.

4. Add Some Color

Color at least half your plate with brightly colored (fresh or frozen) fruits and vegetables at meal time. They are low in fat, calories and sodium and have no cholesterol. They contain fiber, water and many vitamins, minerals and antioxidants that help keep your heart healthy!

- » Each color has special nutrients to contribute, so try all of them. Each time you add some color to your meal qualifies as one activity.

5. Go Nuts

Nuts deliver a powerful punch for lowering your risk of heart disease. The American Heart Association suggests you replace foods high in saturated fats with nuts to reduce LDL (bad) cholesterol.

- » Sample nutritious almonds, walnuts, pecans, macadamia nuts, hazelnuts and other varieties. Each serving of nuts qualifies as one activity.

6. Don't Stress It

There is no doubt that stress can have real physiological effects on the body, including the heart. Take some time to unwind and de-stress. Do things that make you happy and stress-free.

- » Meditate, unplug, watch a funny video, chat with a friend, go to your happy place.

7. Skip the Salt

High sodium intake is known to increase blood pressure, a major risk factor for cardiovascular disease, including heart disease and stroke. Instead of reaching for a processed snack, choose a low-sodium one such as an apple with almond butter or unsalted popcorn.

- » Choose fruits and veggies, spices instead of salt, unsalted or low-salt versions of foods
- » Check nutrition labels. Salt content that is 20% of Daily Value is considered high.

8. Walk It Off

Walks have many of the benefits of strenuous exercise! Next time you're feeling overwhelmed, mad, or are totally exasperated, take a stroll. A five- to ten-minute walk will do wonders for clearing your head and lowering your stress level!

- » Take a walk this month when you just need a break. For each walk, award yourself one activity.

9. Keep the Pressure Off

High blood pressure is considered a silent killer. It sneaks up on you, carries no symptoms and can put you at risk for heart disease.

- » Have your blood pressure measured this month. Look for a reading of no more than 120/80. If it's much higher, see your doctor. One blood pressure check qualifies as one activity.

10. Raise a Glass

Moderate consumption of red wine can help raise your HDL (good cholesterol) levels, reduce blood clot formation and help prevent artery damage. The key is moderation (too much alcohol increases your risk of high blood pressure, obesity, accidents and other health problems).

- » One 5-ounce glass of red wine is one serving and counts as one activity.