



Love Your Heart Mixer

Try to find a different person who can say each fact is true for them. Ask them to sign in that fact box.
When all the boxes have a signature, shout "Love Your Heart!"

Is active 30 min on most days of the week	Is certified in CPR and AED	Keeps a list of their meds in their wallet
Had a dental exam & cleaning in the last 3 months	Keeps a healthy weight	Takes a low dose aspirin every day
Has talked to their healthcare provider about their numbers	Knows their cholesterol numbers	Wore RED on the first in February
Can name 3 symptoms of a heart attack	Reads food labels for sodium	Has a RED HOT date tonight
Takes time every day to practice relaxation or meditation	Has a parent who had a heart attack or stroke	Always chooses skim milk over higher fat milk
Is tobacco-free	Knits, sews, crochets, or does jigsaw puzzles	Eats fish every week
Walks their dog every day	Eats a healthy breakfast every day	Did a "Random Act of Kindness" this week

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