

28 Days to Better Heart Health – February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check out our weekly heart health tips on Facebook throughout February at facebook.com/WVUExtension.			1 How many heart-healthy red foods can you eat today? Add color to every plate.	2 Call a friend. Ask them to remind you every day to fit in 30 minutes of activity.	3 Wear RED today. Ask friends and family to wear red, too. #wearredday	4 Treat yourself to baked/grilled fish tonight. Eat fatty fish at least two times a week.
5 BMI Know your BMI. Use the BMI calculator at www.cdc.gov .	6 Plan a fun activity for each day this week. Aim for 30+ minutes.	7 Eating out? Go for grilled, baked, or broiled, NOT fried foods.	8 Drink low-fat milk with meals. Milk drinkers tend to have healthy body weights.	9 Get eight or more hours of quality sleep tonight.	10 Open your cupboard and read food labels. Avoid foods with “partially hydrogenated oils,” unhealthy trans fat.	11 Drink a glass of water before and with every meal.
12 Blood Pressure Learn about and practice blood pressure control. Read more at www.heart.org/HBPguide .	13 Know your BP? Get checked at the doctor’s office or health clinic.	14  Practice random acts of kindness – for your sweetheart, strangers, everyone you meet today!	15 Make a list of all health risk factors you can control. Put the list on the fridge as a reminder.	16 Find your best stress-coping method. Try yoga, music or quiet meditation today.	17 How much sodium do you eat? Read labels and look up sodium content. See the Sodium Tracker on www.heart.org .	18 Social time may lower stress. Call a friend, play a game or take a family walk.
19 Blood Glucose Are you at risk for diabetes? Take the test at www.diabetes.org .	20 Today, eat at least three whole grains. Need help? Read the label. Aim for foods with high fiber.	21 Rethink your drink. Replace a soft drink with a glass of water.	22 Put a set of weights, a jug of water or stretch band next to your chair. Do exercises every day.	23 Find your best stress-coping method. Try yoga, music or quiet meditation today.	24 Clean teeth = good health. If you need it, schedule a dental appointment today.	25 Eat slowly. Think about the food’s flavor and texture. Put your fork down between bites.
26 Cholesterol and Triglycerides Try new healthy recipes found at www.choosemyplate.gov .	27 Know your numbers. Track them at www.heart360.org .	28 Twice during the day, take a break with an “activity burst.” Walk extra steps, skip rope or dance.	 <p>Sponsored by a grant from the Foundation for the National Institutes of Health as part of a public-private partnership, with the National Heart, Lung, and Blood Institute, to promote The Heart Truth®, the NHLBI’s national program for women about heart disease. Funding is provided by individuals and corporations including Home Shopping Network, Diet Coke, Belk Department Stores, and Swarovski.</p> <p style="font-size: small;">WVU is an EEO/Affirmative Action Employer – Minority/Female/Disability/Veteran LYHM Participant Tool FH17-01</p>			