



Healthy Heart

- You have One Heart... Do Your Part to Keep it Healthy.
- Lifestyle has one of the greatest impacts on heart health.
- Get enough sleep. Eat healthy foods. Exercise daily.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2 Keep a bag of nuts/dried fruits at your workspace for a quick, high-energy snack.	3	4 Try a breakfast bowl with chopped boiled egg, grape tomatoes, avocado, salt and pepper.	5
6	7 Try a salmon foil pack: Layer salmon, any sliced veggie, Italian seasoning and pepper; drizzle with olive oil; top with an orange or lemon slice; bake at 400 for 15-20 minutes.	8	9 Step away from your workspace. Play your favorite music for five minutes per day.	10	11 Avoid high-calorie energy bars, drinks and snacks. They lead to energy crashes.	12
13	14 Read/listen to a devotional or a quick blog away from your workspace.	15	16 Snack on unprocessed foods such as bananas or apples that are high in nutrients and low in calories.	17	18 Play a brain game or color a picture.	19
20	21 Add herbs to kick up flavor without adding salt.	22	23 Do some cardio activity for five minutes several times a day (jog in place, leg flutters).	24	25 Eat smaller and more frequent nutrient-rich meals to help your balance blood sugar.	26
27	28 Walk around the building, inside or out.	1	2	3	4	5

EATWell

Include at least one GOOD fat into your meals each day (avocados, nuts, seeds, fatty fish).



MOVEWell

Make time for at least two 10-minute increments of activities each day.



LIVEWell

Take a 10-minute refueling break to decompress.

