



# Healthy Heart

- Take care of your heart by finding opportunities to reduce stress and increase heart-healthy activity
- Take the American Heart Association Health Risk Assessment to check your risk for heart attack or stroke.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Keep a bag of nuts/dried fruits at your workspace for a quick, high-energy snack.	2	3 Try a breakfast bowl with chopped boiled egg, grape tomatoes, avocado, salt and pepper.	4	5 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.	6
7	8 Step away from your workspace. Play your favorite music for five minutes per day.	9	10 Avoid high-calorie energy bars, drinks and snacks. They lead to energy crashes.	11	12 Read/listen to a devotional or a quick blog away from your workspace.	13
14	15 Snack on unprocessed foods such as bananas or apples that are high in nutrients and low in calories.	16	17 Play a brain game or color a picture.	18	19 Add herbs to kick up flavor without adding salt.	20
21	22 Do some cardio activity for five minutes several times a day (jog in place, leg flutters).	23	24 Eat smaller amounts and more frequent nutrient-rich meals to help balance blood sugar.	25	26 Walk around the building, inside or out.	27
28	1	2	3	4	5	6

### EATWell

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



### MOVEWell

Incorporate at least two 10-minute increments of movement/activity each day.



### LIVEWell

Take a 10-minute refueling break to decompress.

