

# The Heart Health Challenge

Heart disease is the leading cause of death in the U.S., according to the American Heart Association and the Centers for Disease Control and Prevention (CDC). Fortunately, there are many healthy behaviors and lifestyle choices that people can engage in to help support a healthy heart.

For this 10-day challenge, the four heart-healthy behaviors you will be tracking include:

1. Add a vegetable or fruit in your meal or for snack (leafy green vegetables, berries, tomatoes)
2. Include foods with healthy fats into your diet (avocados, fatty fish, walnuts, olive oil)

3. Exercise (walking, strength training, swimming, biking, etc.) each day for 30 minutes
4. Practice a stress management strategy (meditation, gratitude, self-care, breathing exercises)

## Instructions:

In the heart tracking sheet below, put an "X" for each behavior that you complete (limit one "X" per behavior per day). Each "X" is considered one point. The goal is to try to get as many points as you can throughout the next 10 days.

The image shows a large white heart shape centered on the page. The heart is divided into four equal quadrants by a vertical line and a horizontal line that intersect at the center. Each quadrant contains a text label in a dark pink color: 'Vegetable or fruit' in the top-left, 'Healthy fats' in the top-right, 'Exercise' in the bottom-left, and 'Stress Management' in the bottom-right. The background of the page is a light pink color with several smaller hearts of varying shades scattered around.

## Sources:

- <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>
- <https://www.heart.org/en/about-us/heart-and-stroke-association-statistics>
- <https://www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age>

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