

28 Days Toward a Healthy Heart

#OurHearts
are healthier together

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

Day 1

Call a friend and join the [#OurHearts](#) movement.



Day 2

Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4

Sport red today for National Wear Red Day.

Day 5

Squat it out. Do 1 minute of squats.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit [Smokefree.gov](#) to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.

Day 9

Walk an extra 15 minutes today.

Day 10

Aim for 30 minutes of physical activity today.

Day 11

Plan your menu for the week with [heart-healthy recipes](#).

Day 12

Reduce stress using [relaxation techniques](#).

Day 13

Give the elevator a day off and take the stairs.

Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.

Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.

Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.

Day 23

March in place during commercial breaks to get your heart going.

Day 24

Get a tape measure and find out the size of your waist.

Day 25

Ask a family member or neighbor to join you for a walk.

Day 26

Fill half of your lunch and dinner plates with vegetables.

Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).

