Heart Healthy



Heart-Healthy Habits for Better Energy

Everyone can benefit from heart-healthy habits. Cardiovascular disease isn't just an issue for "unhealthy" people. Lifestyle, stress, and genetics all play a role. Take some time to improve your health and create habits that strengthen your heart.



Keys to Heart Health

Heart health isn't jut about eating healthier. That is part of it, but a lot goes into a heart-healthy lifestyle. Reduce stress, get active, rest more, there is a lot you can do to improve your health.



Moderate workouts

Moderate workouts don't have to be physically difficult, draining, or demanding. An easy workout that gets your heart rate up a little is ideal. Minimal strain on your body while getting your heart pumping.



Heart Healthy Lunches and Snacks

A heart-healthy lunch doesn't have to be bland or boring. The goal is to choose foots that fill you up and keep you energized through the afternoon

Heart-Healthy Challenge: Love Your Plate

This month's Heart-Healthy Fuel Challenge is all about focusing on simple heart-healthy habits that fit into your busy schedule:

🥣 Challenge Steps: "Love Your Plate"

- Swap at least one meal or snack per day with a heart-healthy option(
- Think colorful veggies, whole grains, lean proteins, and healthy fats like nuts, seeds, or olive oil)
- Add walnuts or chia seeds to your meals. Use herbs and spices instead of salt

🎁 **Rewards & Recognition:**

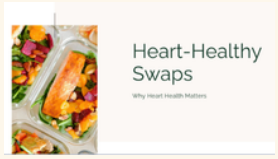
- We will be highlighting weekly "Heart Hero" shoutouts
- End-of-month rewards for those who complete the Heart-Healthy Challenge



Need a little help getting inspired? View our meal plan with easy and simple meals to support your heart health

View Weekly Meal Plans

Explore More



Watch View a short video on tips for heart healthy swaps.



Learn more Read this guide on how you can keep your heart healthy.

Keys to Heart Health

Working towards better heart health is the goal for the month, so here are some tips to keep some of the habits going.



Get Rest: 7-9 hours of sleep everyday redues stress.



Heart Healthy Culture: Invite family and friends to the heart healthy challenge.



2-Minute Move Challenge: Challenge yourself to move every hour for 2 minutes