

30-Day Healthy Heart Challenge



A healthy heart is a major key to a healthy life. And it's not too hard to do! You can make your heart's job a lot easier with just a few simple habits.

When you're ready to start your challenge, your mission is simple: **Practice one heart-healthy activity** each day for 30 days in a row. You can follow the tips below to get some guidance. Don't worry if you miss a day, just give it your best try.

Let's get that heart pumping!



Check off all the days when you practiced a heart-healthy activity.

Click the squares on the left side of each day, or print this out and fill them in by hand.



1

First things first: What are some basic heart-healthy habits to get you started? Look no further! Here are [10 easy ways to get your heart pumping](#). Try out all 10 of these throughout this challenge and see which ones you like best.



2

A healthy heart is important. But why is it important to you? Do you want more energy? To lower your blood pressure? Are you managing a chronic condition? Maybe you just want to stick around longer for your family. Whatever your reasons, [write down what a healthy heart will do for you](#), and keep that list handy to boost your motivation.



3

What does a healthy heart look like? What can you look forward to? Check out our wide-ranging Guide to Heart Health to learn even more about healthy cardiac habits.



4

When it comes to making a change, it's best to start small. Learn how a little physical activity can boost your heart health.



5

A well-stocked kitchen is a great place to start on your heart-boosting journey. Shop with confidence using our [heart-healthy shopping list](#).



6

Once you have your kitchen stocked up, the next step is to enjoy tasty meals. Check out our [heart-healthy food prep](#) article to get new ideas.

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Did you know you could be getting too much salt from things like cheese, chicken or even bread? Sodium can be tough on the heart. Here are [10 surprising salt sources](#) to be mindful of, and some easy ways to reduce your sodium intake.



8

Your heart is a muscle. And like any muscle, it needs healthy exercise! But what's the best heart rate for you? Check out this article on [getting to know your heart rate](#) to start the conversation with your doctor.



9

Stress can put a big strain on your cardiovascular system. Luckily there are some simple ways to manage your stress. Learn more about your own stress and [how to cope with it in healthy ways](#).



10

If you smoke, dip or chew tobacco, quitting is one of the best things you can do for your heart—and your whole body! Here is a wide range of [tools to help you quit tobacco](#). Not sure if you're ready to quit? These resources can also help you talk it over while you're thinking about it.



11

Cardio exercise is crucial for a healthy heart. Here's a quick [breakdown of cardio fitness](#) and how you can get the most out of it—the safe way.



12

Did you know that some types of fat can actually be good for your heart? Here are [15 tasty sources of healthy fats and their best portions](#). Bon appétit!



13

Non-starchy vegetables are a powerhouse of vitamins and nutrients. They can also be really great fuel for your circulatory system! Check out our vast [list of non-starchy veggies](#) and find your favourites.



14

Do you have high blood pressure? Do you worry about it for the future? Here's a quick explanation of [what high blood pressure is](#) and the risks it can have. Then [check with your doctor](#) or healthcare provider to see what your latest blood pressure numbers look like.



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Another key factor for a healthy heart: quality sleep. One of our most popular articles is all about how to [fall asleep faster and stay asleep longer](#). Find out for yourself how to get a good night's rest.

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You're halfway through! Has anything worked so far? **Write down** which heart-healthy activities have felt the best to you. Keep adding to that list as you finish the second half of this challenge.

17



Ready to take things to the next level? If you're looking for a challenge, try our **heart-healthy exercise plan**. Just be sure to check with your doctor before starting any new exercise regimen.

18



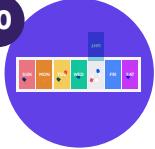
Drinking a lot of alcohol can make things harder for your heart. It can also lead to heart disease. If you drink alcohol, think about **swapping a drink here and there** with a fresh glass of water or another low-calorie beverage.

19



You may have heard about statins and their heart-healthy benefits. But have you and your doctor talked about if they're right for you? Check out our article that covers **what you need to know about statins**.

20



If you have medications for blood pressure, diabetes, cholesterol or hormone imbalances, be sure to **take your meds as directed by your doctor**. Sticking to the plan is the best way to avoid surprises and to keep things stable for your body.

21



Having a professional cook for you is a real treat! But restaurant meals can also come loaded with salt, sugar and extra calories. Here are some **tips for eating healthy when dining out** so you can enjoy a restaurant while still reaching your health goals.

22



When we're stressed, our hearts can race and feel out of control. When that happens, try this simple **4x7x8 breathing technique** to slow your heart and soothe your body.

23



Not all cholesterol is bad for you! Explore the different **types of cholesterol**. Then think about messaging your healthcare team today to see about screening your cholesterol levels. Knowledge is power!

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Did you know eating fibre can help prevent heart disease? Whole grains are a delicious source of natural fibre. **Try a whole grain swap** today, like whole wheat toast, brown rice, whole grain tortillas or whole wheat pasta. Enjoy all that flavour and protect your heart!

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Canned foods can come packed with antioxidants, which are great for your heart health. Here are [**four better-for-you canned foods**](#) to try.

It may come as a surprise, but flossing can help prevent heart trouble! If you don't already, [**floss your teeth**](#) often. Doing this can help keep bacteria from building up in your mouth and entering your bloodstream.

It's usually better for your body to eat foods that come from nature instead of from factories. Try a few of our favourite [**easy whole food swaps**](#) to choose less processed versions of your favourite meals, drinks and snacks.

Sitting down for long stretches of time can be a big risk factor for heart problems. Here are some easy tips to [**sit less and move more**](#) each day.

Almost done! Finish strong with a powerful [**10-minute meditation**](#) to uplift your mood and honour your heart's emotions.

Congratulations, you've completed the challenge! [**Write down all the tactics that worked for you to help your heart**](#). Practice these habits often so you can take care of that ticker well into the future!