

## 21 Days to a Healthier Heart Challenge

Are you aware of just how powerful **you** are? You have the power to stop a killer. According to the CDC, heart disease is the number one killer of men and women. Heart disease claims more lives than all forms of cancer. Preventive power lies with real changes to your lifestyle, which can reduce the risk for heart disease by as much as 80 percent.

For this challenge, you'll have a daily activity to complete. Don't worry if you don't achieve perfection. Just do your best! Earn a maximum of 21 hearts. That's one heart for each day's activity. Note: Extra hearts are not awarded for additional activities.

### Date Activity

- 7 ♥ Try a [workout at home](#).
- 8 ♥ Join a live [Office Exercises workout](#) from 12-12:15 p.m. CT.
- 9 ♥ Schedule a biometric screening to [know your numbers](#).
- 10 ♥ Try one of these [tips to help you and your family be more active](#).
- 11 ♥ Make a heart-healthy [appetizer](#) for the big game. 🍗
- 12 ♥ Add a [stretch break](#) to your calendar, or join us for seated yoga from [12-12:15 p.m. CT](#).
- 13 ♥ Learn four easy tips for eating healthy on a budget in this [36-second video](#).
- 14 ♥ [Share messages of appreciation](#) in honor of Relationship Wellness Month.
- 15 ♥ Boost your mental health with a Meditation Break from [11:15-11:30 a.m. CT](#).
- 16 ♥ Try a [random act of kindness](#) today!
- 17 ♥ Show off your red for heart health! Send in photos ([with permission](#)) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).
- 18 ♥ Head to bed with enough time to get a full seven (or more) hours of [sleep](#).
- 19 ♥ Stress less. Practice [mindfulness](#) this Monday.
- 20 ♥ Overcome your barriers to physical activity by watching this [short video](#).
- 21 ♥ Drink up! Choose only low- or no-calorie beverages today.
- 22 ♥ Share a funny video or joke that makes you laugh.
- 23 ♥ Practice positive affirmations with this [2-minute video](#).
- 24 ♥ Plan your menu for the coming week with heart-healthy [recipes](#).
- 25 ♥ Connect with a family member and start your [family health tree](#).
- 26 ♥ Test your nutrition knowledge on fats and oils with this [14-question quiz](#).
- 27 ♥ Keep going by making a personal [S.M.A.R.T. goal](#) to achieve by March 31.



# 21 Days to a Healthier Heart Challenge Calendar

**Directions:** Do your best to complete each day's activity to earn one ♥ per day. Earn a maximum of 21 ♥s total. Send your challenge photo(s) with [permission](#) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov). **Note:** Extra hearts are not awarded for additional activities.

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|--|---|--|---|---|--|
|   |  |   | <input type="checkbox"/> <b>7</b><br>♥ Try a <a href="#">workout at home</a> .   | <input type="checkbox"/> <b>8</b><br>♥ Join a live <a href="#">Office Exercises workout</a> from 12-12:15 p.m. CT.                  | <input type="checkbox"/> <b>9</b><br>♥ Schedule a biometric screening to <a href="#">know your numbers</a> .      | <input type="checkbox"/> <b>10</b><br>♥ Try one of these <a href="#">tips to help you and your family be more active</a> .                                       |
| <input type="checkbox"/> <b>11</b><br>♥ Make a heart-healthy <a href="#">appetizer</a> for the big game.                            | <input type="checkbox"/> <b>12</b><br>♥ Add a <a href="#">stretch break</a> to your calendar or join us for yoga from <a href="#">12-12:15 p.m. CT</a> . | <input type="checkbox"/> <b>13</b><br>♥ Learn four easy tips for eating healthy on a budget in this <a href="#">36-second video</a> . | <input type="checkbox"/> <b>14</b><br>♥ <a href="#">Share messages of appreciation</a> in honor of Relationship Wellness Month.  | <input type="checkbox"/> <b>15</b><br>♥ Boost your mental health with a Meditation Break from <a href="#">11:15-11:30 a.m. CT</a> . | <input checked="" type="checkbox"/> <b>16</b><br>♥ Try a <a href="#">random act of kindness</a> today!            | <input type="checkbox"/> <b>17</b><br>♥ Show off your red! Send photo(s) <a href="#">with permission</a> to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> . |
| <input type="checkbox"/> <b>18</b><br>♥ Head to bed with enough time to get a full seven (or more) hours of <a href="#">sleep</a> . | <input type="checkbox"/> <b>19</b><br>♥ Stress less. Practice <a href="#">mindfulness</a> this Monday.   | <input type="checkbox"/> <b>20</b><br>♥ Overcome your barriers to physical activity by watching this <a href="#">short video</a> .    | <input type="checkbox"/> <b>21</b><br>♥ Drink up! Choose only low- or no-calorie beverages today.  | <input type="checkbox"/> <b>22</b><br>♥ Share a funny video or joke that makes you laugh.   | <input type="checkbox"/> <b>23</b><br>♥ Practice positive affirmations with this <a href="#">2-minute video</a> . | <input type="checkbox"/> <b>24</b><br>♥ Plan your menu for the coming week with heart-healthy <a href="#">recipes</a> .  |
| <input type="checkbox"/> <b>25</b><br>♥ Connect with a family member and start your <a href="#">family health tree</a> .            | <input type="checkbox"/> <b>26</b><br>♥ Test your nutrition knowledge on fats and oils with this <a href="#">14-question quiz</a> .                      | <input type="checkbox"/> <b>27</b><br>♥ Keep going by making a personal <a href="#">S.M.A.R.T. goal</a> to achieve by Mar. 31.        | <p><b>My total ♥s earned: _____</b></p> <p><b>Submit your total hearts earned by Friday, March 1:</b></p> <p><a href="https://stateoftennessee.formstack.com/forms/wfhtn_21_days_to_a_healthier_heart_submission">https://stateoftennessee.formstack.com/forms/wfhtn_21_days_to_a_healthier_heart_submission</a></p> |   |   |  |