

American Heart Month



Join the American Heart Association and the Park Church Women’s Ministry as we begin the New Year with a heart-healthier you!

It takes 21 days to create a new healthy habit. So, for the next 21 days we’ll start each morning with an easy activity to help get your year off to a heart-healthy start. As your ally in good health, we’ll be with you each step of the way!

Healthy Living Mix

Week 1

Day 1	Moving (even just a little) improves your heart health. Moving more and sitting less is a great start.	How much activity do you need?
Day 2	Have you ever felt hangry (hungry + angry)? Food and mood have an effect on one another.	Food and Mood
Day 3	Forget fad diets. Remember, it's the overall pattern of your choices that counts. Learn more about what that means.	AHA Diet & Lifestyle Recs
Day 4	Walking as little as 15 minutes a day can lower your chances of heart disease.	Why walk?
Day 5	Catching up on some sleep this weekend? Gratitude could actually help you snooze more or better.	ABCs to Catch More Zzzs
Day 6	Looking for a simple way to eat healthy? Check out these serving sizes to get the right balance of nutrition on your plate.	Suggested Serving Sizes
Day 7	Try a twist on a traditional side dish with these 6 delicious ingredients.	OO Mashed Potatoes

Week 2

Day 8	Got 10 minutes? Boost your heart rate and brain power with this quick home workout.	Try the 10-Minute Workout
Day 9	Get crackin with some healthy snackin!	Healthy Snacking
Day 10	Having trouble finding energy for your workout? We feel you! Try these tips to keep your energy going strong so you can Move More.	Get Energy
Day 11	Practicing mindfulness and meditation may help you manage stress, high blood pressure, sleep better, and even lower your risk of heart	Meditation Boost

	disease. Learn how.	
Day 12	Treat yourself with a delicious breakfast or snack by subbing this extra creamy smoothie for that sugary latte	<u>Banana Bread Smoothie</u>
Day 13	If you're feeling overwhelmed, try these ways to notch down your stress.	<u>Stress and Strain, Body and Brain</u>
Day 14	Old habits can be hard to break, and new habits hard to make, but with these 6 basic steps you can develop new, healthy behaviors that stick.	<u>How to Break Bad Habits</u>

Week 3

Day 15	How much sleep do we really need?	<u>Sleep Healthy</u>
Day 16	What if you could work out while you work, without having to carve out a big chunk of time? You can!	<u>Work Workout</u>
Day 17	Want the taste of fried chicken without the extra saturated fat and calories? Try our healthier take on this classic American favorite.	<u>Air Fryer Crispy (Un) Fried Chicken</u>
Day 18	Try these tips for being active with your pet!	<u>Healthy Pet Owner Habits</u>
Day 19	Exercise boosts your immunity during cold and flu season. Rake leaves, shovel snow or just take a walk. Learn more.	<u>How to Stay Active in the Cold</u>
Day 20	Short on time? These pantry staple ingredients make a quick healthy meal and are easy on the budget.	<u>Staple Ingredients for Quick Healthy Meals</u>
Day 21	Keeping a log of your physical activity can help you monitor your progress and celebrate your successes.	<u>Make a Plan</u>