

# Welcome to the Heart Healthy Challenge!

## Dedicate This Month to Your Strong Heart

The Heart Healthy Challenge is here! We're so excited that you've decided to participate. You're about to take the first step toward keeping your heart strong and protecting yourself against heart disease.

Simply choose five heart healthy activities and keep track of every activity you complete. Some activities only have to be done once while others require a week-long or monthly commitment. Take a look and pick which is right for you.

Date Started	Activity	Date Completed
	<b>Heart Walk</b> Take a 30-minute walk with a coworker, friend or family member	
	<b>Heart Healthy Meal Prep</b> Prepare a meal that is good for your heart	
	<b>Hydrate for a Healthy Heart</b> Replace sugary drinks, juices and other empty calorie drinks for one month.	
	<b>Happy, Healthy Heart Goals</b> Set realistic goals for yourself to improve your heart health (eat well, more exercise, better sleep)	
	<b>Heart Healthy Weight and Measures</b> Check your weight and waist measurement and log it here.	
	<b>Stress Less for a Healthy Heart</b> Practice deep breathing exercises, desk stretches or take a walk at lunch	
	<b>Hold the Sugar</b> Replace sugary treats with health fruits and vegetables for one week	
	<b>Heart Happy Success</b> Take a picture demonstrating how you're heart healthy and share it with a friend	
	<b>Heart Happy</b> " _____ " makes my heart happy! Do more of this.	
	<b>Rest Your Heart</b> Try going to bed 30 minutes early to get more sleep.	
	<b>Know Your Risks</b> Learn if you're at risk for coronary heart disease by visiting the National Heart, Lung, and Blood Institute's website and search "Your Guide to a Healthy Heart."	
	<b>Know Your Blood Pressure and Cholesterol</b> Have a health care provider check your blood pressure and cholesterol.	

This information is intended to provide general guidance on health and wellness matters and is not medical advice. MetLife is not responsible for the accuracy of this information, which may not apply to your particular circumstances, so you rely on it at your own risk. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.