

Worksite Wellness - Monthly Challenge

FEBRUARY

Also known as Heart Month, February will be a month for focusing on nutrition and activity to help your heart and cardiovascular system stay strong and healthy. Each week will have a new focus to help you keep track of those lifestyle factors that matter most. **Document your achievements each week!**

WEEK 1

Move more! As recommended by Physical Activity Guidelines for Adults, get 150 minutes per week of moderate activity (brisk walking, water aerobics, biking <10 mph, playing doubles tennis). Document your daily minutes + activity!

SUN	MON	TUES	WED	THURS	FRI	SAT

WEEK 2

Incorporate more fruits and vegetables every day. The Dietary Guidelines for Americans recommend at least 5 servings of fruits and vegetables daily. How many servings are you enjoying each day?

SUN	MON	TUES	WED	THURS	FRI	SAT

WEEK 3

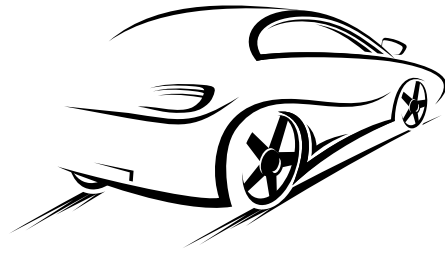
Reduce your added-sugar intake. Items like soda, sweet tea, sports drinks, candies, and some processed foods are common sources of added sugar. This week - avoid any sugar-sweetened beverages and replace them with a sugar-free option! Place a check on the days you had no added sugars in your beverages!

SUN	MON	TUES	WED	THURS	FRI	SAT

WEEK 4

Reduce your sodium (salt) intake. Typical American diets average 3,400 mg sodium daily. For heart health, it is recommended to reduce this amount to 2,300 mg daily. Fast food, salty snacks, and packaged meals may have higher levels of sodium. Fruits and vegetables are naturally low in sodium. What low sodium food or meal did you have each day? Check nutrition labels - 600 mg or less/meal or 200 mg or less per snack will count!

SUN	MON	TUES	WED	THURS	FRI	SAT

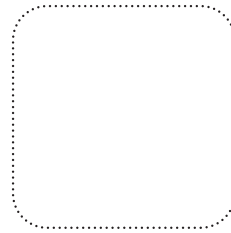


POINTS!

TED Talk Videos by RD



Heart to Heart Video
(15 points)

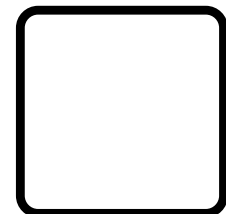


Heart Healthy Recipe
Modification Video (15 points)

Ski by the Stars!



February 24, 2023
(50 points)



Turn this document into Jeff Schmitt by 3/3/23

TOTAL POINTS
(up to 108 points)