



Four Weeks of Healthy Living Tips

Try one tip each weekday for four weeks to improve your heart health.

Week One

- **Park and walk.** How many times have you circled the parking lot to find “the” spot? Spare yourself the stress and gain more energy by parking farther away (or even in a remote lot) and walking the rest of the way to your destination.
- **Get active at work.** Many adults spend the majority of their day at work. Add some physical activity to your work day by taking 5 minute walking breaks throughout the day, scheduling walking meetings when possible, or walking to a nearby restaurant for lunch instead of driving.
- **Take the stairs.** The elevator may go up, but it doesn’t make your heart rate climb. Take the stairs instead. You may huff and puff at first, but over time, your body will thank you.
- **Go mobile.** Catching up on phone calls? Talk while you walk – in your neighborhood, on a treadmill or around your workplace.
- **Pick up the pace.** When walking, increase your speed from leisurely to brisk or choose a route with more hills or inclines. You’ll get a better workout in the same amount of time.

Week Two

- **Don’t get stuck in a rut.** Try a new physical activity if you’re bored with your old routine. Join your kids or a friend in their favorite activity. Take a group class instead of just hitting the machines.
- **Be a sport.** Team and individual sports can be a fun way to meet your activity goals. Join a recreation center or league in your community, or round up some friends or coworkers for an informal game.
- **Try the buddy system.** Enlist a physical activity accountability partner. The coworker who always holds you to your deadlines can serve double duty by helping you reach your fitness goals.
- **Learn to play...** a musical instrument, that is! Playing music can burn calories and get you up off the couch, especially if you stand while playing.
- **Get your garden on!** Gardening and yard work are a great way to get outdoors and active this spring. No space for a garden? No problem. Try container gardening or a local community garden.





LACE UP & GO

Four Weeks of Healthy Living Tips

(continued)

Week Three

- **Fitness first.** Shake up your family's after-school/after-work routine. Join your kids for a bike ride or shoot some hoops before starting on their homework. They'll feel better and think better!
- **Just dance.** Clear some space, put on some upbeat music, and take a family dance break. Let each family member take a turn as deejay so everyone's favorites get played.
- **Tune into fitness.** Instead of heading right for the TV or computer after dinner, make that family activity time. Take a walk, practice a sport, or play a game of tag or hide-and-seek.
- **Be an active parent.** Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play — go play with them! The best way to influence your kids' behavior is by being a role model.
- **Make a chore chart.** Assign each family member specific active tasks to be done every day. Cleaning up after dinner, walking the dog, taking the trash out, doing laundry and unloading the dishwasher are all good ways to get your family up off the couch.

Week Four

- **Try mindful movement** like yoga, tai chi or qi gong. These gentle mind-body practices may leave you less stressed and more relaxed while improving your health.
- **Stress less.** Slow down and pace instead of race. Keep track of your time for a week and see which activities you can reduce (like screen time) to make time for what's most important.
- **Get your ZZZs.** Lack of sleep and poor sleep quality have been linked to health problems such as high blood pressure, heart disease, depression, diabetes and obesity. Regular physical activity can help you fall asleep faster and sleep better.
- **Do what you love.** Find activities that fit your personality and motivate you to stick with them. If you're a social person, you might try a group dance class, a kickball team or walking with a group of friends. If you prefer time alone, yoga or running might be a better fit for you.
- **Stick with it.** If you've just started getting active, give yourself time to create lasting healthy habits. Don't push yourself too hard and burn out. If you lapse, give yourself a break and simply start again.





LACE UP & GO



American Heart Association®

life is why™

Four-Week Activity Challenge Tracker

I pledge to walk or be physically active at least 150 minutes per week for four weeks to improve my heart health.

PARTICIPANT

American Heart Association's National Walking Day

NUMBER OF MINUTES COMPLETED

	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								

Congratulations!

You're taking steps to improve your health and reduce your risk of heart disease, stroke, high blood pressure, diabetes, osteoporosis and other chronic illnesses.

Your goal is to be active **at least** 30 minutes a day, five days a week.

