

# February 2024 Wellness Heart Health Challenge

February is American Heart Month and the perfect month for a Heart Health Challenge! Your heart is a muscle and needs to be exercised. Being active is extremely important in preventing heart disease and stroke. Regular exercise lowers blood pressure, bad cholesterol and helps manage stress. Water is essential to our organs. Staying well hydrated keeps our heart functioning.

The American Heart Association recommends moderate exercise 30 minutes per day, five times a week. See examples of moderate to vigorous exercises below. **A simple way to tell if you're in the moderate zone is by using the talk test. In general, if you are doing moderate-intensity activity, you can talk but not sing during the activity. For extra benefits, add moderate to high intensity activity at least 2 days a week. In general, if you are doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.**

Name: \_\_\_\_\_

Building: \_\_\_\_\_

## Participation Guidelines:

COMPLETED challenge for the day includes 30 min. moderate exercise **AND** drink 64 oz. of water. You must complete **both areas** for the day to count towards the challenge.

Completed 15 days = Entry in Challenge Drawing

**Record the date in each square to show you have completed the challenge.** Tracking forms are due **Friday, March 8th** to [health@fsd145.org](mailto:health@fsd145.org).



Examples of Moderate to Vigorous Exercises:

- Jogging
- Swimming laps
- Aerobic Dance
- Bicycling
- Jumping Rope
- Burpees
- Walking BRISKLY (3 miles per hour or faster)
- Tennis/Pickleball

<b>Day 1 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 2 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 3 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 4 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 5 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water
<b>Day 6 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 7 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 8 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 9 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 10 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water
<b>Day 11 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 12 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 13 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 14 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 15 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water
<b>Day 16 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 17 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 18 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 19 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	<b>Day 20 - Date:</b> _____ <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water