

The Heart Health Challenge

Heart disease is the leading cause of death in the U.S., according to the American Heart Association and the Centers for Disease Control and Prevention (CDC). Fortunately, there are many healthy behaviors and lifestyle choices that people can engage in to help support a healthy heart.

For this 10-day challenge, the heart-healthy behaviors you will be tracking include:

1. Add a vegetable or fruit in your meal or for snack (leafy green vegetables, berries, tomatoes)
2. Include foods with healthy fats into your diet (avocados, fatty fish, walnuts, olive oil)

3. Exercise (walking, strength training, swimming, biking, etc.) each day for 30 minutes
4. Practice a stress management strategy (meditation, gratitude, self-care, breathing exercises)
5. Take any prescribed medications daily for healthy heart and blood vessels (including blood pressure, statin medication, or other).

Instructions:

In the heart tracking sheet below, put an "X" for each behavior that you complete (limit one "X" per behavior per day). Each "X" is considered one point. The goal is to try to get as many points as you can throughout the next 10 days.

Vegetable or fruit	Healthy fats
Exercise	Stress Management
Blood pressure check	Daily Medication Tracker
Refill medications	

Sources

- www.cdc.gov/nchs/fastats/leading-causes-of-death.htm
- www.heart.org/en/about-us/heart-and-stroke-association-statistics
- www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age

Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit modahealth.com/health-coaching or email healthcoachteam@modahealth.com.

modahealth.com

