

# STRONG HEARTS, Summer Smarts

## 20-DAY WELLNESS CHALLENGE

This June, focus on heart-healthy habits that support your blood pressure, boost your energy, and help you feel your best.

*Small steps. Big impact.*



Small daily choices can lead to a healthier heart and a stronger, happier you.

Use this challenge to build healthy habits, one day at a time. You've got this!

### FOCUSING ON WHAT MATTERS MOST



#### HEART HEALTH

Build habits that support a strong heart.



#### NUTRITION

Fuel your body with smart choices.



#### MOVE MORE

Find ways to get active every day.



#### MANAGE STRESS

Take care of your mind and mood.

<b>DAY 1</b> <input type="radio"/> Learn your numbers. Check your blood pressure. 	<b>DAY 2</b> <input type="radio"/> Drink 64 oz of water today. 	<b>DAY 3</b> <input type="radio"/> Eat 3 servings of fruits or veggies today. 	<b>DAY 4</b> <input type="radio"/> Take a 10-minute walk and enjoy some fresh air. 	<b>DAY 5</b> <input type="radio"/> Choose a low-sodium option at a meal. 
<b>DAY 6</b> <input type="radio"/> Try a new heart-healthy recipe. 	<b>DAY 7</b> <input type="radio"/> Stretch for 10 minutes. 	<b>DAY 8</b> <input type="radio"/> Limit added sugar today. 	<b>DAY 9</b> <input type="radio"/> Take 5 deep breaths when stress hits. 	<b>DAY 10</b> <input type="radio"/> Make sleep a priority tonight. Aim for 7-8 hours. 
<b>DAY 11</b> <input type="radio"/> Read a food label and check sodium content. 	<b>DAY 12</b> <input type="radio"/> Do 20 minutes of activity you enjoy. 	<b>DAY 13</b> <input type="radio"/> Add healthy fats today (nuts, seeds, avocado). 	<b>DAY 14</b> <input type="radio"/> Unplug from screens 30 minutes before bed. 	<b>DAY 15</b> <input type="radio"/> Connect with a friend or loved one. 
<b>DAY 16</b> <input type="radio"/> Enjoy a meatless meal today. 	<b>DAY 17</b> <input type="radio"/> Do a 5-minute mindfulness practice. 	<b>DAY 18</b> <input type="radio"/> Take the stairs or park a little farther away. 	<b>DAY 19</b> <input type="radio"/> Celebrate a non-food win today! 	<b>DAY 20</b> <input type="radio"/> Reflect on your progress and set a goal. 



Your heart. Your health. Your future.  
*Small daily choices add up to big results.*



Want to learn more?  
Explore heart-healthy resources, recipes, and movement ideas on the other side!