



NAME: \_\_\_\_\_

Month 1: 10/17-11/15  
 Month 2: 11/16-12/15  
 Month 3: 12/16-1/14/2023

				FRIDAY	SATURDAY	SUNDAY
				DEC 16 △ ___ minutes ☆ ♡	DEC 17 △ ___ minutes ☆ ♡	DEC 18 △ ___ minutes ☆ ♡
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DEC 23 △ ___ minutes ☆ ♡	DEC 24 △ ___ minutes ☆ ♡	DEC 25 △ ___ minutes ☆ ♡
DEC 19 △ ___ minutes ☆ ♡	DEC 20 △ ___ minutes ☆ ♡	DEC 21 △ ___ minutes ☆ ♡	DEC 22 △ ___ minutes ☆ ♡	DEC 30 △ ___ minutes ☆ ♡	DEC 31 △ ___ minutes ☆ ♡	JAN 1 △ ___ minutes ☆ ♡
DEC 26 △ ___ minutes ☆ ♡	DEC 27 △ ___ minutes ☆ ♡	DEC 28 △ ___ minutes ☆ ♡	DEC 29 △ ___ minutes ☆ ♡	JAN 6 △ ___ minutes ☆ ♡	JAN 7 △ ___ minutes ☆ ♡	JAN 8 △ ___ minutes ☆ ♡
JAN 2 △ ___ minutes ☆ ♡	JAN 3 △ ___ minutes ☆ ♡	JAN 4 △ ___ minutes ☆ ♡	JAN 5 △ ___ minutes ☆ ♡	JAN 13 △ ___ minutes ☆ ♡	JAN 14 △ ___ minutes ☆ ♡	
JAN 9 △ ___ minutes ☆ ♡	JAN 10 △ ___ minutes ☆ ♡	JAN 11 △ ___ minutes ☆ ♡	JAN 12 △ ___ minutes ☆ ♡			

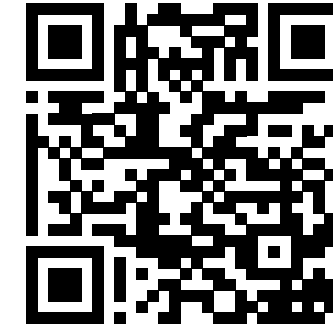
YOU'VE COMPLETED THE ANOTHER 30 DAYS!! TURN IN THIS SHEET TO THE MARKETING MAILBOX AT GRHC BY 1/18 or SCAN & EMAIL TO HKIRSCHBAUM@GRANTREGIONAL.COM TO BE ENTERED INTO THE 90 DAY CHALLENGE PRIZE DRAWINGS.

MY GOALS ARE...

▲ MOVE MORE

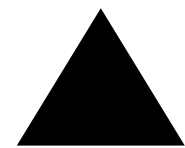
★ EAT WELL

♡ RELAX & RECHARGE



OPEN YOUR PHONE CAMERA AND SCAN FOR THE LINK TO MANY RESOURCES!

OR VISIT THE LINK AT:  
[grantregional.com/90days](http://grantregional.com/90days)



MONTH 1 FOCUS

## MOVE MORE

The American Heart Association Recommends at least 150 minutes of physical activity per week. This averages out to a touch over 20 minutes per day. This could be a quick walk twice per day, or a longer/more intense workout 3 times per week. Set your sights on doing MOVING MORE and you will be going in the right direction!

### Recommendations for Adults

- Get at least 150 minutes per week of moderate intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate to high intensity muscle strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

### SAMPLE GOALS

"I will walk my dog at least 4 times each week."

"I will stretch for 15 minutes every morning before I start my day"

"I will work up to running 1 mile by the end of the month"



MONTH 2 FOCUS

## EAT WELL

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Eat a variety of foods. Fruits, vegetables, whole grains, protein foods, and fat-free or low-fat dairy or fortified soy alternatives are healthy choices. Include a variety of protein foods such as seafood, lean meats, poultry, beans, peas, lentils, nuts, and eggs.

Enjoy fruits and vegetables. No matter your age, fruits and veggies provide key nutrients and dietary fiber. Their colors, flavors, and textures make meals more enjoyable.

Be mindful of your nutrient needs. Focus on dietary changes that increase your dietary fiber, calcium, and vitamin D, and decrease added sugars, saturated fat, and sodium. Make the best choice for your needs by comparing nutrition and ingredients information by reading the Nutrition Facts label.

Go easy on the salt & sweets. Choose fresh foods when possible or low-sodium packaged foods. Add flavor to foods with spices and herbs and skip the salt shaker at the table. Choose foods with little or no added sugars and drink water or unsweetened sparkling water in place of soda or juice. Fruits are naturally sweet and packed with nutrients.

### SAMPLE GOALS

"I will quit drinking soda"

"I will reduce my sugar intake to <25g per day"

"I will eat my recommended amount of fruit & veggies daily"

"I will track my food intake daily"



MONTH 3 FOCUS

## RELAX & RECHARGE

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours. Too little or too much sleep is associated with heart disease, studies show.

### Healthy Sleep Habits

- Stick to a schedule
- Avoid caffeine, especially in the afternoon/evening
- Avoid eating too close to bedtime
- Reduce screen time (blue light) exposure
- Keep your bedroom dark and cool

Stress happens, especially these days. (One in two U.S. adults reports that COVID-19 has negatively impacted mental health.) While you may feel too busy to de-stress – you can decide to take back your "me time," one moment at a time. Reduce stress for a healthier version of you.

One way to reduce stress is to set aside time to practice self-care. Self-care can be different for everyone, but is about finding something that you enjoy which helps calm you and improve your mood. Self-care is something that makes you feel good! Here are some examples:

- Spending time outdoors/in nature
- Reading a good book
- Exercising
- Practicing a hobby
- Getting a massage or other therapeutic service
- Spending time with your pet(s)

### SAMPLE GOALS

"I will write down something I am grateful for every day"

"I will go to sleep before 10 pm each night"

"I will spend 10 minutes meditating before I head to work"