



ACHR's Healthy Heart Challenge 2023

During the Month of February, we are doing a Healthy Heart challenge. For 28 days, we are encouraging our families to focus on heart health!

You and your children can focus on three different activities every day!

- 1) Healthy Eating
- 2) Exercise/Moving Activity
- 3) Mind/Stress Management

Together, you and your children can do one of these activities or all of these activities each day.

Here are some examples of different activities:

<u>Healthy Eating</u>	<u>Exercise/Moving Activity</u>	<u>Mind and Stress Management</u>
<ul style="list-style-type: none"> -eat whole grains (how many times?) -cook a healthy meal at home - drink 3 glasses of water -make one good healthy eating choice - eat a meal with your family - make a meatless meal - try a new "Healthy" recipe – make half your plate be fruits and veggies - Read a food label 	<ul style="list-style-type: none"> -have a dance party (dance with your child in your house) - take a family walk/hike - go to the park - exercise during commercial breaks (situps / squats / pushups / walk around the house) - exercise challenge can you do (how many squats / situps / pushups) - do housework (on your feet and moving) - stretch - go to the gym - play a sport 	<ul style="list-style-type: none"> - eat a healthy meal - take a deep breath through stressful situations - plan out your day - turn a negative situation to a positive situation - do some mindfulness exercises - create stress journal - recite daily affirmations - do a devotional


















For more Heart Healthy ideas and weekly activities, follow us our ACHR LIFE Facebook Page-->



Heart Healthy Challenge Instructions:

Place a check mark on the hearts below for every activity that you did each day. Each check mark= 15 minute of a wellness activity. If you completed more than 15 minutes of an activity or multiple activities during the day, put multiple check marks.

 = Healthy Eating Activity  = Exercise/Moving Activity  = Mind/Stress Management Activity

<p><i>Example 1:</i></p> 	<p><i>Example 2:</i></p> 		<p>Wednesday, February 1</p> 	<p>Thursday, February 2</p> 	<p>Friday, February 3</p> 	<p>Saturday, February 4</p> 
<p>Sunday, February 5</p> 	<p>Monday, February 6</p> 	<p>Tuesday, February 7</p> 	<p>Wednesday, February 8</p> 	<p>Thursday, February 9</p> 	<p>Friday, February 10</p> 	<p>Saturday, February 11</p> 
<p>Sunday, February 12</p> 	<p>Monday, February 13</p> 	<p>Tuesday, February 14</p> 	<p>Wednesday, February 15</p> 	<p>Thursday, February 16</p> 	<p>Friday, February 17</p> 	<p>Saturday, February 18</p> 
<p>Sunday, February 19</p> 	<p>Monday, February 20</p> 	<p>Tuesday, February 21</p> 	<p>Wednesday, February 22</p> 	<p>Thursday, February 23</p> 	<p>Friday, February 24</p> 	<p>Saturday, February 25</p> 
<p>Sunday, February 26</p> 	<p>Monday, February 27</p> 	<p>Tuesday, February 28</p> 				

After completing this challenge for the month of February, return this sheet into your child's center and complete the online survey.

The center with the most completed surveys will get a prize!

Link to online Survey - www.achr.com/heart-healthy/

or scan QR Code

