

February 2025 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. You may use this challenge towards your monthly 30 minutes of moderate exercise points **or** gym attendance points.

COMPLETED 20 DAYS = 100 Points + Entry in Challenge Drawing

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 7th** to 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

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