

February 2020 Wellness Heart Health Challenge

Name: _____

Building: _____

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.

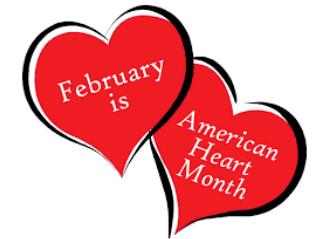
The American Heart Association recommends moderate exercise 30 minutes per day, five times a week. For extra benefits add moderate to high intensity activity at least 2 days a week.

Participation Guidelines:

COMPLETED challenge for the day includes 30 min. workout and drink 64 oz. of **water**. Must complete **both areas** for the day to count towards the challenge.

COMPLETED 4 days each week of the challenge to be entered into the monthly drawing.

Tracking forms must be received by Friday, March 5th. Email completed forms 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

Monday, Feb. 1 - Sunday, Feb. 7 Week 1 - Day 1 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 1 - Day 2 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 1 - Day 3 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 1 - Day 4 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water
Monday, Feb. 8 - Sunday, Feb. 14 Week 2 - Day 1 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 2 - Day 2 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 2 - Day 3 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 2 - Day 4 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water
Monday, Feb. 15 - Sunday, Feb. 21 Week 3 - Day 1 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 3 - Day 2 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 3 - Day 3 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 3 - Day 4 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water
Monday, Feb. 22 - Sunday, Feb. 28 Week 4 - Day 1 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 4 - Day 2 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 4 - Day 3 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water	Week 4 - Day 4 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water