

February 2021 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. For extra benefits add moderate to high intensity activity at least 2 days a week.

Name: _____

Building: _____

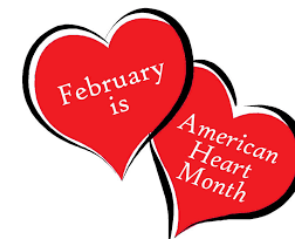
Participation Guidelines:

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

COMPLETED 5 DAYS OF CHALLENGES IN EACH WEEK LISTED = 100 Points + Entry for Prize Drawing

COMPLETED 3 to 4 days of challenges in each week listed = Entry for Prize 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	Week 1 - Day 5 <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	Week 2 - Day 5 <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	Week 3 - Day 5 <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	Week 4 - Day 5 <input type="checkbox"/> 30 min workout <input type="checkbox"/> 64 oz. water