

Heart Healthy Challenge

Self-Care Sundays	Meatless Mondays	Take Action Tuesdays	Water Wednesdays	Veggie Toss Thursdays	Fitness Fridays	Low Sodium Saturdays
<p>Download the YMCA Universal app for more cardio workout options!</p>		<p>1 Volunteering benefits you as well as the charity! Consider volunteering at a non-profit (like the YMCA!).</p>	<p>2 Swap your Pop for the rest of the month – try a calorie-free carbonated water.</p>	<p>3 Add broccoli to a pasta dish for a quick meal.</p>	<p>4 Try something new – a new group class or different cardio machine. Check our FB page for a link to our group ex schedule.</p>	<p>5 Low sodium fettuccini alfredo? Sign us up! Find this and other recipes at heart.org.</p>
<p>6 How do you manage stress? Make a list of self-care strategies.</p>	<p>7 Substitute meat for beans in a vegetarian burrito.</p>	<p>8 Socialization helps prevent heart disease! Come to Eastside Y with a friend to make Valentines for Vets.</p>	<p>9 Shoot for 64 ounces of water today. Let us know how you did!</p>	<p>10 Make a heart-shaped veggie pizza for your self or your sweetie.</p>	<p>11 Start your day with some stretches – look for our post on the health benefits of stretching.</p>	<p>12 This 4-ingredient low-sodium salmon with lime and herbs at easy lowsodiumrecipes.com will be a favorite!</p>
<p>13 Gratitude is good for the heart! List 5 things you're grateful for.</p>	<p>14 Recreate the romantic moment in Lady and The Tramp by sharing basil pesto pasta with the one you love.</p>	<p>15 What cause is important to you? Do something small today to further that cause.</p>	<p>16 Get some water from your food today. Celery, tomatoes and zucchini are 95 percent water.</p>	<p>17 Need a snack? Try carrots and hummus instead of chips. (Sabra Supremely Spicy is a favorite!).</p>	<p>18 Shoot for 30 minutes of cardio work off those Valentine's treats.</p>	<p>19 Don't just look to meals to lower sodium. Try some low-sodium appetizers, like LoSoTrischetta.</p>
<p>20 Call a friend or relative you haven't talked to in awhile. It'll brighten their day – and yours!</p>	<p>21 How about a nice vegetable soup? Try one of our favorites, or share yours on social media!</p>	<p>22 Sign up for or renew CPR training. Nervous? Learn about compression-only CPR.</p>	<p>23 Now it's time to get IN the water. Water Fitness classes have cardio benefits and are also easier on the joints.</p>	<p>24 Add veggies to marinara sauce for an extra dose of nutrients with your spaghetti and meatballs.</p>	<p>25 Work those legs: Try doing leg lifts at your desk or squats while you brush your teeth at night.</p>	<p>26 Like chocolate pudding? Use May Clinic's recipe for Warm Chocolate Pudding instead of Jello and save a whopping 344 mg of sodium.</p>
<p>27 Try 10 minutes of deep breathing – breathing in peace and calm, breathing out tension and anxiety. Then check out a yoga class.</p>	<p>28 Feeling adventurous? Try Spinach and Avocado Macaroni and Cheese.</p>			<p>Check out our Facebook page every day for links to recipes and articles.</p>		

TAKE CARE OF YOUR HEART

Do you have high blood pressure or are on blood pressure medication? Ask about our Blood Pressure Self-Monitoring program. Call 814-899-9622 or email cdp@ymcaerie.org