

February 2020

American ❤️ Month

SAT
01



The first step to a healthier heart starts today! Give yourself a healthier boost to kick off American Heart Month by committing to **trade out your caffeinated soda for black or green tea this month**. Tea is naturally sugar-free and contains antioxidants that work to keep your heart healthy.

SUN
02



Start today with a breakfast makeover!

- Swap your regular bacon for a slice of turkey
- Swap your scrambled eggs for an egg-white omelet
- Swap your muffin for an apple

MON
03



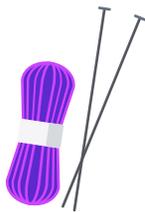
Grilling is the best way to cook your heart-healthy salmon. But in winter, your grill might be piled with snow. No problem! Bring the party to your stove. Cook it over high heat in a cast-iron pan; all you need is one spritz of olive oil cooking spray.

TUE
04



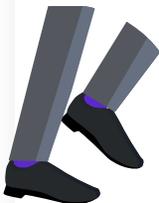
Here's a heart-healthy trade challenge for the month: **Swap your white sides for green.** Ditch the potatoes, noodles, rice, and bread for potassium- and magnesium-rich kale, broccoli, spinach, and chard. They'll help you lower high cholesterol and blood pressure.

WED
05



Relaxing activities that involve your hands can help relieve stress and improve your heart health. Dig out the knitting needles, pull out the 1,000-piece puzzle, or head into the garage for some woodworking.

THU
06



Like to rumba? Or do you prefer a good line dance? Good news: **Dancing is a great heart-healthy workout.** It raises your heart rate, gets your oxygen pumping and, best of all, it's a lot of fun. See what your local gym has on the schedule — and go!

FRI
07



Did you know that **laughing out loud can lower stress hormones, decrease artery inflammation, and raise your "good cholesterol" levels?** So get some LOL-time in today: Put on your favorite sitcom or, even better, head out to a comedy show!

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Time to finally make the switch to cooking in heart-healthy oil (our favorites are extra-virgin olive oil and avocado oil). Yes, you can still have a little butter, but consider it a treat, not a staple.

SUN
09



Today's a great day to stretch it all out with yoga. And yoga doesn't just make your body (and mind) feel good — research shows it has the potential to reduce your risk of heart disease.

MON
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Your daily swap: **Trade your chips and crackers for a handful of nuts** (almonds, walnuts, or pecans). Tree nuts are full of heart-healthy fats, protein, and fiber and can lower your risk of heart disease. But remember to watch your portion size — they're healthy, but high in calories!

TUE
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No need to get fancy with exercise today — just go out for a 20–30-minute walk. Every time you're moving your body, you're helping your heart. Bonus points for walking briskly enough to raise your heart rate!

WED
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Those muffins and cookies tempting you from behind the glass at your favorite coffee shop? They look good, but they're packed with sugar, white flour, and unhealthy fats. **To satisfy your sweet tooth, have a square of dark chocolate (70% cocoa).** It's a rich — almost decadent! — treat that's better for your body.

THU
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You can never hear this advice too many times: **Take the stairs whenever you can!** We're giving it to you again because it's one of the easiest ways to take care of your heart (and every other part of your body!).

FRI
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Happy Valentine's Day! How about shaking things up a bit this year and **celebrate with a hike instead of a fancy (and rich) dinner out? Or indulge with dark chocolate-covered strawberries instead of a big chocolate cake?**

SAT
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Left untreated, gum disease may increase your risk of heart disease. Banish that bacteria today by getting in the habit of flossing every day. How about starting right now?

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Did you get enough shut-eye last night? If you're not getting enough sleep, you could be at a higher risk for heart disease even if you're taking good care of yourself otherwise. **Starting tonight, go to bed 30 minutes earlier for the next week.**

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When it comes to heart health, movement is key. **Make a point of getting up and walking around every 30 minutes** if you have a desk job or otherwise sedentary lifestyle.

TUE
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It's carb swap day! Here are some easy (and tasty) trades you can make to get more heart-healthy whole grains in your diet:

- 100% whole wheat tortillas instead flour tortillas
- Oatmeal instead of buttered white toast
- Quinoa instead of white rice

WED
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You don't have to suffer with bland food if you're lowering your sodium intake. **Get your spice cabinet stocked and start experimenting.** Before you know it you'll be craving the flavor of the spices, not salt!

THU
20



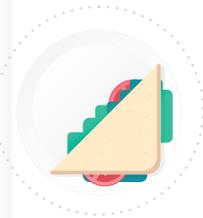
We think avocados are pretty much a miracle food: high in the good fat and full of nutrients your heart loves. At lunch today, try mashing a tablespoon of avocado on your turkey sandwich in place of mayo!

FRI
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One of the most surprising ways to help your heart? **Taking a moment each day to think about what you're grateful for.** It helps you stay positive and keep away worry and anger, both of which are tied to high blood pressure and heart disease. What's on your grateful list today?

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How much you eat is as important as what you eat. So try this today: Use a smaller-than-usual plate or bowl to help control your portions.

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The American Heart Association recommends adults get at least 150 minutes per week of moderate-intensity aerobic activity (like brisk walking or dancing) — that's just about 20 minutes a day! **Lace up your sneakers and go get your 20 minutes right now!**

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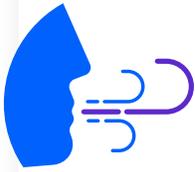
A daily meditation reduces your stress and helps keep your blood pressure down.
[Try our audio meditation this afternoon](#) — it's just 3 minutes and could change your day!

TUE
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Drink an extra glass of water today. It's the best source of hydration you can give your body, and it does a great job of keeping you from overindulging.

WED
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Every day, you take around 23,000 breaths. But how many do you notice? **Today, stop and notice how you breathe in and breathe out.** It will lower your stress and help you do a reset on your day.

THU
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Everyone misses an exercise class or indulges in a big meal. But today's a new day — start fresh by eating a healthy breakfast and getting in your 20–30 minutes of movement. Voilà — you are back on track!

FRI
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Ready for a big end-of-Heart-Month challenge? **Commit to a 2-day checking streak.** Take a reading today — and then take one tomorrow.

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It's a leap year, so you get an extra day for Heart Month. Want to finish strong? **Do your check and then move your body for 30 minutes today.** Go for an easy hike. Find a yoga class. Take the dog for a long walk. Make it fun — and make it a habit!

Sign up to get more healthy tips at go.livongo.com/STATEOFVERMONT
or call **800-945-4355**.