















# EXERCISE FOR HEART HEALTH

A strong heart is a healthy heart. This February, let's show our hearts the love they deserve by taking each day as an opportunity to get our bodies moving. By strengthening our hearts, we reduce our risk of cardiovascular disease and manage risk factors like high cholesterol and obesity. It all starts with our hearts. **Share your progress and tag us @alivehealth and use the hashtag #alivewellnesschallenge**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<p>Get outside for 20 minutes at lunchtime</p>	<p>1 Call a loved one while you walk</p> 	<p>2 Get your heart rate up</p>	<p>3 Sweat some more</p> 	<p>4 Have fun</p> 	<p>5 Track your heart rate</p> 	<p>6 Share your progress with us (tag @alivehealth)</p>																																										
<p>7 Take a dip</p> 	<p>8 Get into high-energy aerobics</p>	<p>9 Pump more iron</p> 	<p>10 Speedwalk</p>	<p>11 Powder power with protein powder</p> 	<p>12 Go green</p>  <p><small>Chinese New Year (Year of the Ox)</small></p>	<p>13 Winter hike</p>																																										
<p><small>St. Valentine's Day</small></p> <p>14 Set a family goal and get started!</p>	<p><small>Family Day (Canada) Louis Riel Day (Man., Canada) National Flag of Canada Day Presidents' Day (US)</small></p> <p>15 Try a new activity</p> 	<p>16 Get outside each day</p>	<p><small>Ash Wednesday</small></p> <p>17 Make it fun</p> 	<p>18 Introduce new challenges</p>	<p>19 Stay motivated and up the ante</p> 	<p>20 At the end of each week, take time to celebrate with a special meal or treat.</p>																																										
<p>21 Share your goals with someone</p>	<p>22 Write them down</p> 	<p>23 Put them where you can see it</p>	<p>24 Be realistic with your goals</p>	<p>25 Keep a schedule</p> 	<p>26 Mix it up</p>	<p>27 Remember why you're doing this</p> <p><i>find your WHY</i></p>																																										
<p>28 Forgive yourself</p> 						<p>MARCH 2021</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
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21 Choose love

FEBRUARY