



## STAY HEALTHY THIS HEART MONTH WITH SENTARA HEALTHCARE'S HEART MONTH CHALLENGE BOARD!

Can you accomplish everything on the list before the end of the month? Challenge your friends and family to join you.

Eat at least 1 fruit and veggie at every meal

Go alcohol free

Enjoy a plant-based meal

Drink 8 glasses of water a day

Visit your doctor to learn your heart health risk factors

Get 8 hours of sleep at night

Go for a walk

For 5 minutes, alternate 1 minute of jumping jacks with 1 minute of rest

Ride a bike with friends

Take a virtual yoga class

Stand at your desk instead of sitting

Meditate for 10 minutes

[28daysofheart.com](http://28daysofheart.com)

Post your progress by tagging us and using our hashtag on Facebook and Insagram

**@sentarahealth | #HeartMonthChallenge**

