

# Love Your Heart

Your heart works hard for you every day—show it some love in return. Healthy eating and regular movement can strengthen your heart and lower your risk of heart disease. Even small daily choices, like adding fiber or going for a walk, make a lasting difference for your health.

## Challenges

Make one snack a day a fruit or vegetable

Move for 30 minutes a day – take a walk or a dance break!

Learn how to get more fiber in your diet



## February

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