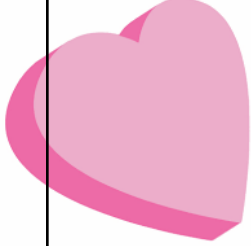


FEBRUARY HEART HEALTHY WELLNESS CHALLENGE

H	E	A	R	T
Listen to relaxing Music	Enjoy a warm bowl of Oatmeal for breakfast, top it with blueberries or your favorite fruit!	Enjoy a piece of Dark Chocolate	Get at least 8 hours of sleep	Enjoy a heart healthy snack such as; nuts or air popped popcorn
Substitute ground turkey or chicken for a recipe that calls for beef	Be physically active for 60 mins	Participate in an activity that makes your heart happy.	Eat 3 different colors of fruits and/or veggie in one day	Enjoy a winter outdoor activity
Do mini workouts for 1 day by setting your alarm at convenient times to get up and take a quick walk, do some squats or stretch daily.	Write and mail someone a letter or card	<p>FREE SPACE</p> 	Give someone a Valentine	Turn off the TV and Play a board game with family members
Go for a walk/run	Watch an olympic event	Keep a daily log of your water and food intake	Try one new heart healthy food or recipe	Stretch every morning for a week
Eliminate sugary beverages for 1 day. Try a sparkling water!	Plan a heart healthy meal	Share a heart healthy recipe with a friend	Participate in a cardio class or activity	Try a mindfulness activity; like YOGA or meditation

DID YOU KNOW?



Stretching daily can improve your heart health

- Researchers say 12 weeks of passive stretching can improve blood flow and improve your heart health.
- They say the stretching can reduce problems in a person's vascular system and decrease the risk of events such as heart attack and stroke.
- Experts say aerobic exercise, weight loss, and lower blood pressure are also ways to improve heart health.

Read More at the links Here:

~ [Why You Should Do Stretches Everyday](#)

~ [How Stretching can improve your heart](#)



How to have a heart Healthy Valentine Day

1. Surprise your sweetheart (or treat yourself!) with a heart-healthy breakfast in bed
2. Heat things up in the kitchen; turn food into fun by cooking together with your loved one.
3. Turn Valentine's Day health into a romantic treat for two. Try a heart-healthy take on a Valentine's Day classic, like chocolate-dipped strawberries and red wine.



Heart Healthy Valentines Recipes

Chicken Tacos with Avocado Salsa

Total Time: Prep/Total Time: 30 minutes

Yield: 4 Servings

Ingredients:

1 pound of boneless skinless chicken breasts, cut into ½ inch strips

1/3 cup water

1 teaspoon sugar

1 tablespoon chili powder

1 teaspoon onion powder

1 teaspoon dried oregano

1 teaspoon gourd cumin

1 teaspoon paprika

½ teaspoon salt

½ teaspoon garlic powder

1 medium rip avocado, peeled and cubed

1 cup fresh or frozen corn, thawed

1 cup cherry tomatoes, quartered

2 teaspoons lime juice

8 taco shells, warmed

Directions

1. Coat a large skillet with cooking spray over medium-high heat. Brown chicken. Add water, sugar, and all seasonings. Cook an additional 4-5 minutes or until chicken is cooked. Stir periodically.
2. In a small bowl mix avocado, corn, tomatoes, and lime juice.
3. Spoon chicken mixture into taco shells, then top with avocado salsa



Turkey Meatloaf

Total Time: Prep 15 mins./Bake 1 hour, plus standing

Yield: 10 Servings

Ingredients

1 cup quick-cooking oats

1 medium onion, chopped

½ cup shredded carrot

½ cup fat-free milk

¼ cup egg substitute

2 tablespoons ketchup

1 teaspoon garlic powder

¼ teaspoon pepper

2 pounds lean ground turkey

Topping:

¼ cup ketchup

¼ cup quick-cooking oats

Directions

1. Preheat oven to 350 degrees. Combine first 8 ingredients. Add turkey; mix lightly but thoroughly.
2. Transfer to a 9x5 inch loaf pan coated with cooking spray. Mix topping ingredients: spread over loaf. Bake until a thermometer reads 165 degrees (cook for 60-65 minutes). Let stand 10 minutes before slicing.