

Tips to Cardio Health



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	 <p>Drink plenty of water</p>	<p>Sit on a stability ball while you watch TV</p>	<p>Keep a food journal to record what you eat</p>	<p>Bring fruit to share at a work meeting</p>	 <p>Eat a healthy breakfast</p>	<p>Walk while listening to an audio book</p>	<p>Take the stairs all day</p>
Week 2	<p>Take a 10-minute walk at work</p>	<p>Try out a new healthy recipe</p>	 <p>Measure your plates and bowls</p>	<p>Find a friend who also wants to live healthfully</p>	<p>Opt for a kids' meal at a fast-food joint</p>	<p>Park your car further away from the entrance</p>	<p>Schedule time to exercise</p>
Week 3	 <p>Drink warm milk before bed to help you sleep</p>	<p>Take 10,000 steps today</p> <p>Track your daily steps with a pedometer!</p>	<p>Map out a walking route around your neighborhood</p>	<p>Take a couple minutes to stretch when you wake up</p>	<p>Use the furthest-away restrooms</p>	<p>Look up nutrition info for your favorite restaurant</p>	 <p>Don't skip a meal</p>
Week 4	<p>Invest in good walking shoes</p>	<p>Calculate your daily calorie needs</p>	 <p>Lift small weights while sitting at your desk</p>	<p>Note your fitness progress on a kitchen calendar</p>	<p>Try a new nutrient-rich food</p>	<p>Sign up for a charity walk or race</p>	<p>Plan your dinners for the next three nights</p>



Find more than 300 recipes at HeartHealthyOnline.com/healthy-recipes.