

# Celebrate Heart Month February 2025

## 28 Days Toward a Healthy Heart

### HYDRATE

Drink at least 8 glasses of water today.

Bring a friend to the Senior Center today.

SWAP the sweets for a piece of fruit for dessert!

ENJOY a good belly laugh today. Laughter is good for your heart. It decreases stress & blood pressure.

STRETCH it out from head to toe. Remember to hold stretches for more than 10 seconds and breathe.

Share your SMILE today with someone you don't know.

UNDO an unhealthy habit for a day.

MARCH in place during commercial breaks to get your heart going!

Make some MUSIC today! Sing in the shower, play an instrument, sing to your grandkids or...

CONNECT to a family member or a friend! Call or write a letter.

Step out of the box and try something NEW today!

Take time to READ! Start or finish a book.

KNOW your number! Get your blood pressure checked.

ATTEND the Nutrition Presentation on February 18 at 10:30am or read an article on heart health.

GRATITUDE! Take time to list 5-10 things you are thankful for!

SHARE a healthy treat at the Senior Center today.

CELEBRATE National Red Day on February 7 and wear red or any day this month!

TREAT yourself and attend an exercise class today!

TRY a new activity at the Senior Center today.

HYDRATE! Drink at least 8 glasses of water today!

EXERCISE your brain! Do a crossword, puzzle, word search, memory game...

TRY a new healthy recipe today!

HYDRATE! Drink at least 8 glasses of water today.

NOURISH your spiritual well being! Meditate, pray, reflect, etc...

Acts of KINDNESS...volunteer, pay it forward, donate, etc. In a world where you can be anything, BE KIND!

Increase your VEGETABLE intake! Enjoy 5 servings today.

STRETCH it out from head to toe. Remember to hold stretches for more than 10 seconds and breathe.

Get enough SLEEP (7-8 hours)!



# Celebrate Heart Month February 2025

Give your heart some “extra love” and  
join in with others on the  
28 Days Towards a Healthy Heart Challenge!

Here’s how it works!

- Complete an activity (or 2) each day in February.
- Complete the activities in any order.
- When you complete an activity put your “Cupid’s Arrow” through it.
- Bring your card to the Senior Center by Thursday, March 6th to be entered into a prize drawing.
- BONUS: Complete ALL activities and you will be entered into an additional prize drawing!

QUESTIONS?

Ask Angela or Kathy.

Fun Heart Facts:

- The human heart beats an average of 100,000 times per day!
- The heart pumps approximately 1.5 gallons of blood per minute, totaling around 2,000 gallons per day.
- Your heart can weigh between 7 and 15 ounces.
- No one knows why the heart is associated with love.
- Laughing is good for your heart! It reduces stress and gives a boost to your immune system.

“No beauty shines brighter than a  
healthy heart!”