



# February 2016



Sunday

Monday

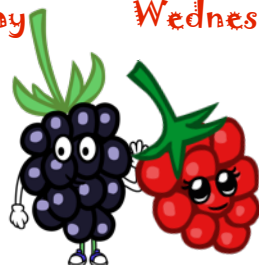
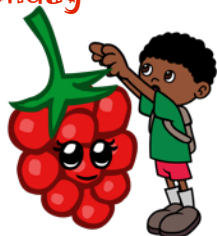
Tuesday

Wednesday

Thursday

Friday

Saturday



1

Check your food labels for trans fat. They hurt

2

Fish has healthy oils that keep your heart healthy.

3

Love your heart with a family walk.

4

Go low fat or nonfat milk products and keep your heart happy.

5

Small healthy changes add up to a healthy heart.

6

Vegetables have special nutrients that your heart loves.

7

Teach your child how to find their heart rate.

8

Look for cereals with 5 grams or more of fiber!

9

Beans are great for your heart.

10

1 cup of berries has super nutrients for your heart.

11

Pick a favorite activity and have some fun.

12

Give someone a special hug.

13

Have kids help in the kitchen.

14

Eat breakfast every morning for good brain power.

15

Sweet Potato Month. Bake one for dinner.

16

Try leaving the peel on an apple for more fiber.

17

Beans are a great source of fiber and protein!

18

Evaluate your goals and keep track of your progress.

19

Try a new fruit or vegetable each week.

20

Kids Dental Month! give your teeth foods high in calcium.

21/28

Try some whole wheat pancakes for breakfast.

22/29

Drink 8 glasses of water a day.

23

Try baked french fries instead of deep fried.

24

Substitute dark chocolate for light chocolate for a special treat.

25

Promote healthy habits as a family.

26

Have kids plan a healthy meal for the family.

27

Your heart is a muscle, it needs exercise every day.