CONNEX CARES ABOUT YOUR HEART

PORTSMOUTH CONNEX

28 DAY HEART HEALTH CHALLENGE

CONNEX CARES ABOUT YOUR WELL BEING. IN HONOR OF HEART HEALTH AWARENESS MONTH, WE HAVE CREATED A CALENDAR OF ACTIVITIES TO COMPLETE DURING THE MONTH OF FEBRUARY. THIS "28 DAY HEART HEALTH CHALLENGE" WILL BEGIN FEBRUARY 1ST. JOIN US ON FACEBOOK FOR DAILY POSTS TO GAIN INSIGHT INTO EACH ACTIVITY.

	REPEAT DAILY THIS WEEK	MENTAL HEALTH	EXERCISE	DIET	MENTAL HEALTH	EXERCISE
	Drink 32oz. of Water	Listen to Calming Music	28 Squats - 4 sets	Avoid Added Sugar	Watch a Comedy or Read a Humorous Book	Hike, Bike, or Kayak
CLEANING						
Unclutter a Closet or Junk Drawer	Write a Letter to a Loved One	Do Something Nice for a Stranger	Hold a Plank for 28 Sec. - 4 sets	Replace an Unhealthy Snack w/Fruit	Take a Break from Social Media	Hike, Bike, or Kayak
Wash Your Sheets amd Make Your Bed	Stretch and Walk Around Every Hour	Relax with Aromatherapy	28 Jumping Jacks - 4 sets	Eat a Heart Healthy Food Every Meal	Slow Down and Watch the Sunset	Hike, Bike, or Kayak
Clean Out Your Fridge	Show Gratitude	Be Present - Limit Phone Use	28 Mountain Climbers - 4 sets	Avoid Processed Foods	Reach out to an old friend	Hike, Bike, or Kayak
Declutter Your Inbox			BONUS Start a Passion Project or Learn Something New			

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