

Hearts in Motion Health Challenge

Throughout the month, aim to complete at least four tasks from each of the three categories below: Nutrition, Stress Relief/Mindfulness and Movement. While 12 total tasks over the course of the month is your minimum goal, feel free to complete as many as you can. Check the boxes as you complete your tasks to stay on track.

Nutrition

- Consume a double serving of fresh vegetables at dinner
- Consume two servings of fresh fruits three days this week
- Cut out juices, sugared beverages or any beverage with added sugar, and consume mostly water for the week
- Incorporate a side of legumes into two meals this week, and view the [Benefits of Beans and Legumes infographic](#)
- Make at least one meal with whole grains (brown rice, quinoa, barley, etc.)
 - ◆ Need inspiration? [Try this salmon and quinoa recipe!](#)
- Say no to sugary desserts this week, and try a piece of fruit or handful of nuts and seeds instead
- Control your caffeine; limit yourself to one coffee or caffeinated beverage each day this week
- Don't be salty; no added salt all week
 - ◆ Try seasoning with garlic, turmeric, pepper or other herbs and spices
- Drink one or less alcoholic beverage per week for the duration of the challenge
- Make your own hummus with [this recipe](#)

Total Nutrition: _____

Stress Relief/Mindfulness

- Read [Finding Self-care That Suits You](#), and perform a self-care task this week
- Review [this handout](#) to learn more about blood pressure and heart rate
- Follow along with this [8-minute guided meditation](#)
- Follow along with this [guided breathwork workshop](#) at least two times in one week
- Complete this on-demand 20-minute [Restorative Yoga](#) class
- Draw a heart, and inside the heart, write down one [positive affirmation](#); post it somewhere you will see every day
- Review [Preventing an Achy Breaky Heart](#) and pick one habit to commit to
- Share a meaningful motivational quote with at least two people
- Sign up for one Benefits, Health and Wellness course in [ULearn](#)
- Sleep for eight hours at least four days this week
- Review [5 Easy Ways to Improve Your Well-being at Work](#) and choose one thing from the infographic to put into practice this week

Total Stress Relief/Mindfulness: _____

Movement

- Read [Weight Training for A Healthy Heart](#) and complete one strength workout
- Participate in a [virtual Slainte group fitness class](#) (password is SLAINTE)
- Complete at least 80-100 total minutes of physical activity in a week
- Complete 20-30 minutes of cardio twice this week (walk, jog, run, bike, elliptical, treadmill, step machine, etc.)
- Buddy up: Go to the gym or on a walk with a friend
- Take a 10-15 minute walk after lunch or dinner four times this week
- Follow along with this on-demand 20-minute [Step Your Way to a Mile](#) class
- View the [Benefits of Cardiovascular Exercise](#) infographic and perform one cardio workout
- Follow along with this on-demand 35-minute [Tabata Shred: Rise Up](#) class
- Send a sweaty selfie to slainte@usli.com
- Attend two [Midday Stretch](#) sessions (in person or virtually)
- Stand up and move for at least one to two minutes each hour of the workday this week

Total Movement: _____

Challenge total: _____

