Enjoy Heart Health Month!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kick start the month of February by making the commitment to eat smart and move more!!		**1** Your heart is a muscle and needs exercise every day. Kids need 60 minutes.	**2** Make one small change to decrease your daily intake by 100 calories	**3** Get a pedometer to see how many steps you get.	**4** It's #WearRedDay Heart disease is the leading cause of death. Know your risks. NHLBI.NIH.GOV HEARTTRUTH.GOV	**5** Make lean meat choices such as turkey chili
6 Plan a Heart Healthy meal for each day next week. ChooseMyPlate.gov	**7** Cranberries, even dried, are a great source of vitamins and antioxidants	**8** Bring a healthy snack for lunch such as fruit or veggie. LUNCH & LEARN	**9** Use new flavoring, found in fresh fruits and vegetables and seasonings instead of salt	**10** Eat breakfast every morning for good brain power.	**11** Try to help other friends and family members be active	**12** Dance around to five fast songs to get in some movement.
13 While watching football, get up and move during the commercials	**14** Have a salad before heading out to your Valentine's dinner.	**15** Go to the grocery store and purchase some "new" foods to try	**16** Drink at least 8 cups of water today	**17** Try one of the super foods by having some cherries	**18** Use smaller plates at family meals and only make one trip	**19** Try a new way of cooking a new food. Grill some salmon.
20 Love your heart with a family walk at the park.	**21** Leave the peel on the apple for more fiber,	**22** Every 30 minutes, get up and move for 2 minutes.	**23** Celebrate sweet potato month. Make sweet potato fries.	**24** Make substitutions as you prepare some of heart healthy meals.	**25** Let the kids help plan and prepare a meal.	**26** End with a healthy dinner Eat at least 3 food groups
27 Turn off the TV and electronics and do something with your family.	**28** Try some new strength training workouts	**29** Add fruit to your water to give it some extra flavor.	**30** Eat more vegetables	**31** CELEBRATE A WORLD OF FLAVORS NATIONAL NUTRITION MONTH® 2022 Make plans for National Nutrition Month in March.	Developed by: Jennifer Brown, Family & Consumer Sciences (FCS), Person & Granville Counties 919-603-1350 jennifer.brown@ncsu.edu	

FOOD for Thought

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