



for women Celebrate National Wear Red Day® on **Friday, February 3, 2012** or any other day. Heart disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year. This National Wear Red Day, or any day, wear red, tell women you want them to live and help stop heart disease in our lifetime. Together we can make a difference.

FEBRUARY 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weigh yourself start a food diary	2 Exercise in 10 minutes sessions	3 Go Red Day! Heart healthy lunch @ Spoleto's	4 Measure out your servings for cereal, rice pasta
5 Buy and use a re-usable cup or water bottle	6 Take a yoga class	7 Eat a vegetarian meal	8 Keep track of your sodium intake today goal: under 2300mg	9 Eat 4-5 servings of fruits / veggies every day	10 No elevators take stairs all month	11 Use a pedometer and count your steps
12 Don't eat out of bags or containers. Pour food into a bowl	13 Buy a jump rope and jump for 3 minutes	14 Enjoy a piece of dark chocolate!!	15 Eat salmon or broiled fish 2 x per week	16 No soda drink 6-8 glasses of water	17 Eat whole wheat pasta or brown rice for rest of month	18 Do an exercise DVD at home
19 Call a friend and go for a walk together	20 Eat a tuna sandwich today	21 Substitute mustard for mayo on sandwiches	22 Make an appt. for a physical	23 Skip rope for 3 minutes	24 Take a whiff of banana, peppermint or green apple every day	25 Cut down on carbs today
26 Do an exercise DVD at home	27 Have oatmeal for breakfast & add chopped walnuts to lower cholesterol	28 Avoid salty snacks and fast foods	29 You did it!! Weigh yourself			

