

MOVE 30 MINUTES A DAY

for a Healthy Heart



CRAWFORD COUNTY
MEMORIAL HOSPITAL



2-WEEK HEART HEALTH CHALLENGE



Move 30 minutes a day



Track your activity below



Submit by June 5 for a chance to win!

WEEK 1 • MAY 18 - MAY 24

Date	Activity	Minutes
Monday, May 18		
Tuesday, May 19		
Wednesday, May 20		
Thursday, May 21		
Friday, May 22		
Saturday, May 23		
Sunday, May 24		

Week 1 total days: _____ Week 1 total minutes: _____

WEEK 2 • MAY 25 - MAY 31

Date	Activity	Minutes
Monday, May 25		
Tuesday, May 26		
Wednesday, May 27		
Thursday, May 28		
Friday, May 29		
Saturday, May 30		
Sunday, May 31		

Week 2 total days: _____ Week 2 total minutes: _____

HEALTHY HABITS THAT HELP LOWER BLOOD PRESSURE



Move Daily
Aim for at least 30 minutes of activity most days.



Eat Heart-Healthy Foods
Focus on fruits, vegetables, whole grains, & lean proteins.



Take Medications as Prescribed
Never stop or skip blood pressure medication.



Check Your Blood Pressure
Know your numbers and track regularly.



Manage Stress & Get Sleep
Both support a healthy heart.



CHALLENGE GOALS

- 10 total activity days completed
- 300 total minutes moved

PARTICIPANT INFO

Name: _____
Phone or Email: _____

Return your completed tracker to CCMH by Friday, June 5 to be entered to win a Healthy Heart Swag Bag!



Drop off at a
CCMH Info Desk



Email Brandi at
bruskell@ccmhia.com



Message us on
Facebook