



Healthy Heart Challenge

February 1-28
40 points

Heart disease sneaks up on people in all walks of life, from middle-age professionals who are working in stressful jobs to young couples beginning their families. And that makes it everyone's concern. In fact, cardiovascular disease is the number one cause of death in America. The good news is that a few lifestyle changes can make a big impact on your heart's health.

The Healthy Heart Challenge is a 4 week program designed to help you build two heart smart activities into your life: physical activity and limit your salt intake. Physical activity, when performed daily, can have long-term health benefits. It can help lower the risk of cardiovascular diseases. It is recommended for people to limit their salt intake to no more than 1500-2300 mgs per day depending on their health history

How the Challenge Works

- Earn 1 point per day for performing at least 30 minutes of moderate physical activity.
- Earn 1 point per day for not adding additional salt to any food.
- Record at least 40 points by March 7 and you will receive 5 Wellness Credits.

Tools, Tips & Tracking

Visit www.UBAwellnessworks.com for tools, tips and tracking forms to help you get started and meet the challenge goal. Consider using the paper tracking form for convenience when away from a computer. Remember to enter your points online by March 7.

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