

February 2024 Challenge

WEEKLY HEART HEALTH PROMPTS

We hope that through this challenge, we can begin making slow and sustainable changes to improve our physical health that can support in building a healthy lifestyle, and get entered to win prizes for your participation!

All you need to do is print the next page and mark off one square each week.

- You have three weeks of possible activities that are linked to themes associated with supporting heart health.
- Complete at least one prompt per week for three weeks to complete the challenge. Cross off the activity as you complete it that week.
- At the end of the month, you can email you'll get entered to win.

Submit your bingo card via email to Isidora Nezic at wellnessatwork@uoguelph.ca by 8:30am on March 1st, 2024.

More info and activities at
<https://www.uoguelph.ca/wellnessatwork/>



February 2024

WEEKLY PROMPTS TO SUPPORT HEART HEALTH

Week 1

Prompt: Increase plant-based protein.

Complete one of the following:

Try a meatless meal

Try a recipe from the *Plant-Based Recipes Made Easy Cookbook*

Try a new veggie you've never had before

Week 2

Prompt: Support your physical health.

Complete one of the following:

In a week complete 150 min of moderate to vigorous aerobic activities.

Limit your alcohol intake to 2 standard drinks per week

Check your blood pressure

Week 3

Prompt: Manage your stress.

Complete one of the following:

In times of stress, recognize how it shows up with your thinking and as tension in your body.

Identify what stressors you have control of and actions you can take to address them

Get 7-8 hours of sleep

NAME:

DEPARTMENT:

EMAIL:

EXTENSION:

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