

The Heart-Strong Games

Name: _____

February 2026 Health Yourself Challenge

How hearts did you check off? _____/28

February is Heart Health Month. Strengthen your heart with simple Olympic themed activities to feel good and stand victorious at the end of the month. Complete at least 24 of these activities this month- checking off each heart as you go- to receive 15 Health Yourself points. Aim to do each activity within 2 days of its suggested day on this calendar.



Return your completed form to Jess Brown in HR by March 7 to qualify for points and prizes.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Bond with your 'team'. Spend a full hour connecting with friends or family</p> 	<p>Book your next preventive dental, doctor, or cancer screening appt.</p> 	<p>Fuel well: balance meals with protein and fiber- from whole grains, legumes or produce</p> 	<p>Sneak in a training sesh: walk 20 minutes midday. Grab a co-worker if you can!</p> 	<p>Hydrate like a champion. Drink several full glasses of water in the day</p> 	<p>Review signs of heart attack and stroke. Wear red for awareness that CVD is the #1 killer.</p> 	<p>Do the physical activity that you love. Put your whole heart into it.</p> 
<p>Get your pre-game jitters out. Stretch, do some deep breathing, or listen to music for stress relief</p> 	<p>Eat like you're in Italy – load up the olive oil, fish, and produce wherever you can</p> 	<p>Flex those muscles! Do 15-20 minutes of strength-building exercises</p> 	<p>Fuel well: snack on a handful of heart-healthy nuts like walnuts, pecans & walnuts</p> 	<p>Support your team—lend a hand or offer encouraging words to those around you</p> 	<p>Start your day with protein power! Eat proteins high in healthy fats like salmon or nuts in your breakfast.</p> 	<p>Do the physical activity that you love. Bonus: do it with someone you love- in person or by phone.</p> 
<p>Olympic-worthy produce: enjoy the tastiest fruits and veg you can find.</p> 	<p>Recharge by making time for 7-9 hours of sleep.</p> 	<p>Fuel well: pay attention to sodium intake— cook at home and avoid highly processed foods</p> 	<p>Sneak in a training sesh: walk 20 minutes midday. Can you make it farther than 2 weeks ago?</p> 	<p>Get your stats: check in on your blood pressure and resting heart rate</p> 	<p>Power up: cut back on excessive caffeine and use brisk exercise to fuel your energy</p> 	<p>Do the physical activity that you love. Put your whole heart into it.</p> 
<p>Bond with your 'team'. Spend a full hour connecting with people you love</p> 	<p>Fuel well: fill half of your plate with fruits and veg at each meal</p> 	<p>Flex those muscles! Do 15-20 minutes of strength-building exercises</p> 	<p>Book your blood draw with Health Yourself if you haven't done one since July 1</p> 	<p>Manage your energy like a pro: go for a walk or do 15 squats after a big meal</p> 	<p>Hydrate like a champion. Drink several full glasses of water in the day</p> 	<p>You did it! Celebrate with your favorite stress-relief activity</p> 