



American
Heart
Association
life is why

Healthy For Good™

HEART HAPPY HOUR

WHAT IS HEART HAPPY HOUR?

It's a fun event that you can enjoy with friends and co-workers. It's not just "grab an apple" but have an apple-pineapple-kale juice shot. Or a superfoods smoothie. We all know what it's like to hit that wall at 3pm when your blood sugar drops. We all know the temptation to grab a soda or doughnut from the lunchroom for a little boost. So, instead, reach for a juice shot, some carrots, a piece of fruit. You get the boost you need and are healthier for it. It makes eating healthy a fun experience you want to talk about and share.

ACTION PLAN:

STEP 1

Discuss - Have a conversation with your employees about the importance of importance of eating healthy snacks & introduce the idea of a Heart Happy Hour.

STEP 2

Plan - Ask employees to bring their favorite fruits and veggies in for smoothie shot, vegetable juice shot or veggie sampling.

STEP 3

Schedule - Set a date and time. Remember to send a calendar invite!

STEP 4

Execute - Get blending and enjoy your Heart Happy Hour!

HAVE RECIPES READY

Before you meet up Heart Happy Hour have multiple recipes ready. You can find heart healthy beverage recipes at <https://recipes.heart.org/categories/8/beverages>

PLAN ACCORDINGLY

Plan for the seasons – if you buy fruits and veggies during their season they will be less expensive.

MAKE IT FUN

Have Heart Happy Hour participants bring fun cups and straws to enjoy their healthy beverage out of.

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