



American Heart Association.
Heart Challenge™


Don't forget to share your heart journey

with us on social media using

#syrheartwalk and tagging

@ahanewyork.

APRIL 2021 MOVE MORE MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Did you know?</p> <ul style="list-style-type: none"> The AHA recommends at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both. Only about one in five adults and teens get enough exercise A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. 				1. Time to spring into action ! Kick off Move More Month with some cardio kickboxing!	2. Challenge Yourself! As Whitney Houston said "I lose control, can't seem to get enough" ... of this 80's workout!	3. Friends & Family Saturday! Unwind by baking some cookies with your family.
4. Soup Sunday French-Style Bean Stew This savory vegetarian stew will make meat-lovers forget there's no meat.	5. Mental Health Monday! Did you know your furry friends help your mental health? Take your furry bff for a walk!	6. Challenge Yourself! This fun cardio dance workout is guaranteed to lift your mood!	7. Wellbeing Wednesday! De-stress with a mid day 5 minute meditation break.	8. Challenge Yourself! Create your own circuit workout!	9. Friday Fish Fry! Get your fix with this healthier alternative: Crunchy Baked Catfish.	10. Friends & Family Saturday! Get the family active with these 26 tips.
11. Challenge Yourself! Try this 10 min home workout	12. Drink up! Women should drink 8, 8oz glasses and men 12, 8oz glasses of water daily.	13. Challenge Yourself! Ready to SWITCH things up with this squat challenge?	14. Wellbeing Wednesday! Check out our 10 tips to stop stress in its tracks.	15. Challenge Yourself! Get your blood pumping with a 10 minute HIIT workout.	16. Feeling hard on yourself? Try these tips to practice gratitude.	17. Friends & Family Saturday! Pizza night! Best paired with your fave movie!
18. Syracuse Heart Challenge Digital Experience! 	19. Mindfulness Monday! A simple way to eat healthier may be to be mindful when eating.	20. Challenge Yourself! Can you crush these 10 ab moves?	21. Wellbeing Wednesday! Start your day off with a morning stretch.	22. Happy Earth Day! Take a walk in a park and give back to the earth by adding beauty to your neighborhood. Pick up trash, or plant a flower.	23. Happy Fry Day! We've got your dinner covered: Try our heart-healthy burgers & fries.	24. Friends & Family Saturday! Grab your kiddos and get your heart rate up in a magical way!
25. Oh my squash! You have to try this Spaghetti Squash .	26. Challenge Yourself! Channel your inner Dancing Queen with this ABBA workout!	27. Challenge Yourself! Perfect your plank with a plank challenge.	28. Wellbeing Wednesday! Relieve tension with a 10 min yoga video. Namaste!	29. Challenge Yourself! Grab the kiddos and post a dance video to TikTok	30. Challenge Yourself! You did it! Keep striving to be heart healthy—one step at a time.	