

# Eat Smart, Move More!



Building healthy habits doesn't happen overnight, but making small changes every day can make a big difference for your heart and brain health. Eating a healthy diet, maintaining a healthy weight, and getting enough physical activity can help you lower your risk for heart disease and stroke.



This calendar can help you reach your healthy eating and physical activity goals one step at a time. Here are some ideas to get you started and some space for you to fill in your own goals. Don't forget to celebrate the big AND small wins—you got this!

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

			<p>Find small ways to get active throughout the day. Take the stairs, or power walk during your lunch break! <a href="http://bit.ly/2mOagPK">http://bit.ly/2mOagPK</a></p>			<p>Headed to the grocery store? Check food labels for the amount of sodium per serving, and see if there are low/no sodium options available. <a href="http://bit.ly/2GcPqDw">http://bit.ly/2GcPqDw</a></p>
<p>Try mapping out your meals for the week. Planning ahead can help you stick to a healthy eating lifestyle! <a href="http://bit.ly/2sXykUo">http://bit.ly/2sXykUo</a></p>			<p>Simple swaps can make your meals and snacks healthier. Go for veggies with hummus instead of chips and dip. <a href="http://bit.ly/3t0TF9u">http://bit.ly/3t0TF9u</a></p>		<p>Instead of dining out, cook meals at home and pack leftovers to help cut back on sodium. These Brussels sprouts would make the perfect side! <a href="http://bit.ly/2memcbY">http://bit.ly/2memcbY</a></p>	
	<p>Power through your day with smart snacking. Bring sliced apples or bell peppers to satisfy your cravings. <a href="http://bit.ly/2iPRnGM">http://bit.ly/2iPRnGM</a></p>			<p>Some of the saltiest foods may not even taste salty. Watch out for the top sources of sodium in your diet. <a href="http://bit.ly/2ccVH3a">http://bit.ly/2ccVH3a</a></p>		<p>Move a little more every day. Track your physical activities for the week—even vacuuming and gardening could count! <a href="http://bit.ly/2HVe8dg">http://bit.ly/2HVe8dg</a></p>
<p>Rethink your drink. Instead of soda or sweetened juices, try flavoring your water with cucumbers or lemons. <a href="http://bit.ly/2k5Wun0">http://bit.ly/2k5Wun0</a></p>		<p>Add flavor without the salt. Try a new spice or herb, like paprika or thyme. <a href="https://bit.ly/3eE20Mz">https://bit.ly/3eE20Mz</a></p>			<p>Ordering from a restaurant? Split your meal with a friend or family member to lower your sodium intake. <a href="http://bit.ly/2aXvxfR">http://bit.ly/2aXvxfR</a></p>	

## Additional Resources:

- Living Well Journal (A Healthy You)
- Living Well DC (Healthy Living)
- Nutrition and Physical Fitness Bureau (DC Health)
- Recipes for a Heart-Healthy Lifestyle (Million Hearts®)
- Sodium Reduction (CDC)
- Healthy Eating for a Healthy Weight (CDC)
- Healthy Eating Tools (MyPlate)
- Move Your Way (HHS)

