



DATE: February 1 -29

GOAL: 40 Points



Did you know that heart disease is the #1 cause of death in America? Heart disease sneaks up on people in all walks of life, from middle-age professionals who are working in stressful jobs to young couples beginning their families. The good news is that a few lifestyle changes can make a big impact on your heart's health.

Get Heart Smart

The Get Heart Smart Challenge will help you build two heart smart activities into your life: a healthy breakfast and physical activity.

Eating a healthy low-fat, high fiber breakfast:

- Includes a variety of foods, such as whole grains, fruits, vegetables, lean proteins, low-fat dairy products and small amounts of healthy fat
- Gives you the energy you need to handle the physical and mental stresses of the day
- Helps you manage your weight

Adding 15 minutes of physical activity to your day helps:

- Boost your metabolism
- Clear your mind for the day ahead
- Relieve your stress
- Can help reduce many risk factors such as high blood pressure, diabetes and excess weight

How the Challenge Works

- Earn 1 point per day for adding at least 15 minutes of physical activity.
- Earn 1 point per day for eating healthy breakfast.
- Earn a maximum of 2 points per day
- Record at least 40 points online at www.UBAWellnessWorks.com by February 29 and you will receive 5 Wellness Credits.

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