It does not matter how slowly you go as long as you do not stop.

- Confucius
Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

-Thomas Edison

We may encounter many defeats but we must not be defeated.

-Maya Angelou
Welcome to 30 Days of Heart!

With this booklet, you’ve started your journey toward better overall health. Congratulations on taking the first step! Our team at Cleveland Clinic Florida knows how critical heart health is to overall health. That’s why we have partnered with the American Heart Association to bring South Florida a program that teaches simple ways to improve your heart health — and have fun along the way.

Cardiovascular diseases are the #1 killer of Americans, and 27% of people in South Florida suffer from heart disease annually. Together we can take action to protect and improve our heart health and live healthier lives.

Daily challenges outlined in this journal will help you improve an area of your life that contributes to better heart health. We encourage you to use the journal to track your successes and difficulties. Invite your family, friends, and co-workers to download this booklet and take the challenge along with you. Accountability buddies can make all the difference. They can help you celebrate the triumphs and provide that added motivation to keep you moving forward.

At the end of this journey, we hope you embrace the heart-healthy habits you’ll gain from 30 Days of Heart, so that you can benefit throughout your life from better overall health. We want to see your progress along the way! Don’t forget to upload photos of your challenges to social media daily with the hashtag #30DaysofHeart.

Welcome!
With heart,

Wael Barsoum, MD
CEO and President, Cleveland Clinic Florida
Let’s get physical digital

30 Days of Heart is a journey with you, yourself, and your heart. We invite you to join the conversation online at 30Days.Heart.org or search for hashtag #30DaysofHeart and tap into a larger network of support, because you are not alone, and other hearts are waiting to cheer you on.

Maybe you know someone in a similar situation and they need this challenge more than you. Maybe they’ll be inspired to better their heart because they see you bettering yours. Maybe, just maybe, that will save their life.

Share what you’re comfortable with sharing. The extra cheer from loved ones will push you further and may inspire others to live healthier too!

Life’s Simple 7®

Want to get healthier but don’t know where to begin? It’s easier than it seems! We’ve broken down healthy living to the seven most meaningful and trackable health indicators, called Life’s Simple 7®. These seven steps can lead to BIG changes. Take a health assessment on MyLifeCheck.org to see how you’re doing.

*30 Days of Heart should not replace a personalized medical plan, so be sure to speak with your doctor about the program to make sure it is right for you.*
Pre-challenge checklist

Be prepared:
You wouldn’t run a marathon without training or take a test without studying. So make sure to review 30 Days of Heart and prepare for what’s to come. Go grocery shopping. Create calendar alerts. Visualize the next thirty days of living heart-healthier.

Get accountable:
Ask a trusted companion to keep you on track. This person has your permission to check-in and gently nudge you forward, in a loving way of course. Select a significant other, friend, family member, coworker, mentor – anyone who gives you strength. Their role is to help you stay the course, or better yet, take the challenge with you!

Select a start date:
You can start today, but you’ll do best when you choose an ideal time. The beginning of the month can make it easier to follow along, but this is your heart, after all. Select a start date that best fits your lifestyle.

Know your numbers:
Blood pressure is one of the best indicators of heart health. Before starting 30 Days of Heart, visit a local pharmacy or YMCA and take a reading. This will tell you how your heart is doing and give you something to track over time.

Rethink Tobacco:
Smoking puts you at higher risk of heart disease, stroke, and cancer. It also increases the risk for those around you. Do everyone a favor and cut back on tobacco during your 30 Days of Heart. Create a reasonable goal over the next month, whether that means slashing your tobacco use in half or quitting altogether.
I, ______________________________________, hereby pledge allegiance to my heart for the next thirty (30) days. I do this of my own free will because I am completely responsible for my body.

I will not blame or criticize anyone, including myself, for my health and well-being. I will reflect on me and find ways to fulfill my needs that don’t hurt my heart or the hearts of loved ones. I will stay focused and keep going, because living heart-healthy is a lifetime journey.

If I stumble, I will not give up.

I am starting 30 Days of Heart for the following reasons:

- Better Overall Health
- More Energy
- Manage blood pressure or cholesterol
- Look and feel better
- To set an example for others
- Lower weight and BPI
- Reduce stress or blood sugar
- Minimize future health problems

Improving my heart will take time, but I will do my absolute best, because I want to live a long and healthy life. I will learn healthier habits and put that knowledge to use long after the challenge is over.

Some hurdles I might face are:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

To deal with these hurdles, I plan to:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

I put my heart first because I want to be there for myself and my loved ones. And I can only do that if I’m taking care of my one big, beautiful, beating heart.

Participant                                                                       Date

Witness                                                                            Date
Lay a foundation

Ease your way into 30 Days of Heart by setting a tone for the entire month. These activities are ALWAYS good for your heart, so replicate them as often as possible!
Commit to a heart-healthier you!

Post a video with hashtag #30DaysofHeart. Tell us who you are, where you’re from, and why you want to live a long and healthy life. Invite your friends and family to follow along and offer support… or join the fun!

Research suggests that healthy lifestyles can spread through social networks, so whether you’re a loner or a social butterfly, be loud and be proud.
What zero-calorie liquid fuels every cell in our bodies? Good ol’ H₂O. When hydrated, the heart doesn’t have to work as hard. If you crave a snack or a soda, try drinking water first. It might just curb your appetite.
Break up with salt

Sodium pulls water into your blood vessels slowing blood flow, so give your heart a rest! Look for foods with low or no sodium. Experiment with spices, herbs, and citrus to enhance the natural flavor of your food.

Aim for no more than 2,300 milligrams (mg) a day. We recommend consuming less than 1,500 mg per day for most adults.

Tell others how you broke up with salt today

RATE HOW YOU DID TODAY

#30DaysofHeart

RECORD A WIN
Get a full night of rest

You deserve to feel refreshed! Avoid caffeine after 4pm. Ditch alcohol and snacks in the evening. Take a walk to burn energy. Turn off bright screens. Drink some sleepy-time tea. Use a white noise machine. Do whatever it takes to ease into sleep early enough to get a full night of rest.

Ask others for tips on catching extra ZZZ’s

#30DaysofHeart

RATE HOW YOU DID TODAY

★★★★★

Most people need 6 to 8 hours of sleep each day. Too much or too little can increase the risk of cardiovascular problems.
Let’s start with one — just one. But there’s a catch… it must be FRESH. It can’t be breaded, buttered, battered, fried, or canned. Fruits and vegetables are often high in vitamins, minerals and fiber and low in calories and sodium. Treat your body well. Eat the rainbow!

One serving of fresh fruits or veggies

Share your colorful selection

#30DaysofHeart

RATE HOW YOU DID TODAY

★ ★ ★ ★ ★

RECORD A WIN

Research suggests that multivitamins and supplements are not as beneficial as a variety of fresh fruits and veggies.
Stand up every hour

Sitting is a big factor contributing to obesity and heart disease. Who knew relaxing was so taxing on the heart? Set an hourly reminder. Stretch those legs. Wiggle those toes. The first step toward moving more is to stand up!

Stand up and take a selfie! #30DaysofHeart

RATE HOW YOU DID TODAY

According to research, reducing sitting time by one to two hours each day could improve future cardiovascular health.
Congratulations! You survived Week 1 of your 30 Days of Heart. That wasn’t so hard, was it? Record your successes and hurdles, and look ahead to next week.

Share your biggest Week 1 “WIN” #30DaysofHeart

Successes:

Hurdles:

I got encouragement from:

Favorite challenge:

Least favorite challenge:

I learned:

I could’ve done better with:

Week 1 final thoughts:

Next week, I will:

Follow the hashtag #30DaysofHeart and send hearts of support to strangers!
Find your footing

In Week 1, you proved that a few small steps every day can lead to a healthier heart. This week builds on that foundation, so find your footing and move forward.
Say no to sugary drinks

Most Americans consume nearly 20 teaspoons of added sugars each day — triple the recommended daily limit for women, and double for men. Sugary drinks are the top source of added sugars. Give up that sweet drink, say YES! to a healthier heart.

AHA TIP
Rethink your drink! Alcohol, soda, sweet tea, juice, energy, and coffee drinks are often loaded with hidden calories and sugars.

Show off your healthy drinks.
#30DaysofHeart

RATE HOW YOU DID TODAY

RECORD A WIN
Keep it positive

Today, force yourself to smile when you don’t feel like it. Take deep breaths when your blood pressure starts rising. Step away. Let go of frustrations. Negative self-talk creates stress, which can weaken the heart. A simple shift in perspective can make all the difference.

Ask your loved ones for positive energy!

#30DaysofHeart

RATE HOW YOU DID TODAY

A little less stress takes your heart a long way.
Know this: You are enough, you are meant to shine.
Try a new fruit or veggie

Try a fruit or veggie you’ve never tasted before, or something you haven’t tried in years to see if your taste buds have changed!

Give it a crunch, and capture your reaction
#30DaysofHeart

RATE HOW YOU DID TODAY

Fruits and veggies usually contain no trans-fat, low saturated fat, and very little or no sodium.
Take a 15-minute walk

Busy day at work? Walk around the building, or have a walking meeting. Going to the store? Park a little further, then keep moving for 15 minutes before browsing. Don’t shop ‘til you get enough!

Show us how you stroll!

#30DaysofHeart

RATE HOW YOU DID TODAY

RECORD A WIN

Research suggests that walking briskly can help your health as much as running.
At some point today, you might get frustrated, stressed or anxious. When your heart rate rises, call a TIME OUT. Count backward from 10. Take a few deep breaths. Go on a walk or into another room to collect your thoughts. Call a friend, listen to music, or meditate.

Call a time out!

Share what happened when you called a “Time Out”

#30DaysofHeart

RATE HOW YOU DID TODAY

Research suggests that stress, hostility and depression may be associated with a higher risk of stroke, so give your heart a break!
Vegetarian or meatless

Did you know cholesterol is only found in animal byproducts, including eggs and dairy? It’s possible to stay nourished while limiting or eliminating meat. Check out produce that’s in season locally. Stick to whole grains, beans, fruit, veggies and leafy greens for a nutritious knock-out!

AHA TIP
Skipping meat can help you eat less total fat, saturated fat, cholesterol, and trans-fat.
Congratulations! You conquered another week! Have you noticed a change in your energy level or mood? Record your successes and hurdles, and pat yourself on the back.

Share your biggest Week 2 “WIN” #30DaysofHeart

Successes:

Hurdles:

I got encouragement from:

Favorite challenge:

Least favorite challenge:

I learned:

I could’ve done better with:

Week 2 final thoughts:

Next week, I will:

Search the hashtag #30DaysofHeart and start a dialogue with another heart champion.
Step it up

Halfway done! You’ve laid the foundation, stood up, and found your balance. Now it’s time to get that big, beautiful heart beating.
Check your blood pressure

Stop by the nearest pharmacy, take a free blood pressure reading, and jot down your numbers. High blood pressure is the single most significant risk factor for heart disease. Arterial stress may lead to heart attack, stroke, heart failure and other serious health threats.

Invite others to learn their numbers too. #30DaysofHeart

Rate how you did today

Record a win

Nearly half of American adults have high blood pressure, meaning their systolic pressure (upper number) is higher than 130 or diastolic pressure (lower number) is higher than 80.
Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person’s life, such as lower blood pressure and improved immune function! At the end of the day, jot down three things that you were most thankful for. For bonus points, do this every day.

Tell us (or show us!) why you’re thankful
#30DaysofHeart

RATE HOW YOU DID TODAY

RECORD A WIN

Research suggests those with more gratitude have lower levels of inflammation and better heart health.
Spoil yourself by eating your ALL-TIME favorite dish. What’s the catch? Sneak in a fruits or veggies that weren’t there before. See, that was easy! Fruits and veggies provide beneficial nutrients like vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants and other nutrients.

Don’t just keep it to yourself. Show off that colorful dish! #30DaysofHeart

RATE HOW YOU DID TODAY

RECORD A WIN

Need inspiration? Check out Recipes.Heart.org for over 300+ heart-healthy recipes.
Mindful meditation

Take a 15-minute break, sit quietly, and focus on your breath. Notice how your body feels. When your mind wanders – and it will – gently bring it back to the breath. Recent studies have offered promising results about the impact of meditation in reducing blood pressure. Omm.

Tell others how it felt to meditate
#30DaysofHeart

RATE HOW YOU DID TODAY

RECORD A WIN

AHA TIP
Meditation can help you manage stress, sleep better, feel more balanced, and even lower your risk of heart disease.
Let’s get real. Our eyes are often bigger than our stomachs. About 70% of Americans are overweight or obese. Today, eat what you need and nothing more.

Show us your portions!

#30DaysofHeart

RATE HOW YOU DID TODAY

Use smaller plates. Take slow, mindful bites. Stop when you’re satisfied but not stuffed, and cut out unnecessary snacks before bed.
Get outdoors for an hour

Yes, an entire hour! Walking from vehicle to building does NOT count. Explore somewhere new, work in the yard, or go for a hike. Be alert to all of your senses, and let the therapy of nature refocus your mind and body. Don’t forget to stay hydrated and be safe!

Sunlight can improve your mood and boost your vitamin D.
Week 3 is in the bag! Have you surprised yourself? Have you started to develop new habits? Record your successes and hurdles, and get ready for the home stretch.

Share your biggest Week 3 “WIN” #30DaysofHeart

Successes:

Hurdles:

I got encouragement from:

Favorite challenge:

Least favorite challenge:

I learned:

I could’ve done better with:

Week 3 final thoughts:

Next week, I will:

Explore the hashtag #30DaysofHeart, cheer others, and steal a few ideas for yourself!
Full steam ahead

Hear that? It’s the sound of your heart beating to the tune of a healthier you. Great job staying dedicated, but now it’s time to hit full stride and turn up the heat!
Added sugars are empty calories with zero nutrients, and can increase your risk of heart disease, obesity, high blood pressure, and high cholesterol. Good grief! Check food labels. Fresh fruit is fine, but avoid high-fructose corn syrup, honey, molasses, and even fruit juice concentrates.

We recommend 6 tsps (25g) or 100 calories of sugar a day for women, and 9 tsps (38g) or 150 calories of sugar a day for men.
Call the sitter, finish errands, turn off the screens, and do what brings you joy. Start an art project? Listen to a favorite album? Visit your favorite spot? Yes, yes, yes! Just one rule: No criticism. Instead, build yourself with positivity, forgiveness and acceptance. You deserve the very best version of YOU!
It’s good to add more fruits and vegetables for a variety of health benefits, including weight loss. To get the recommended servings every day, add color to each meal or snack throughout the day.

We recommend five servings of vegetables and four servings of fruit per day.
Mindful movement such as yoga, tai chi and qi gong combine postures and movements with mental focus, breathing techniques, meditation or relaxation. Other forms of fitness like walking, running, dancing, and even hula-hooping can be done as a form of mindful movement.

Tell us how you moved mindfully today!

#30DaysofHeart

RATE HOW YOU DID TODAY

Recent studies suggest that yoga might have benefits on heart rate, blood pressure, anxiety, and depression.
If it goes in your body, it can’t come from a wrapper, can, or pre-packaged container. Knowing every ingredient that goes into your body makes it easier to reduce the sodium, sugar, and other ingredients that are hard on the heart. No one said being healthy was easy!

AHA TIP

Packaged foods often hide added sugar, unhealthy ingredients, and sodium preservatives for a longer shelf life.
Get the blood flowing

Spend half an hour on moderate-intensity cardio to get your blood pumping. Break it into smaller minute segments if needed. Take the stairs. Do jumping jacks. Go for a brisk walk. Hit the elliptical. Just be sure to stay hydrated throughout the day and breathe deeply during your cool-down.

Show off your moves!

#30DaysofHeart

Rate how you did today

 RECORD A WIN

We recommend 150 minutes of moderate-intensity aerobic activity every week to reduce your risk of heart disease and stroke.
You dominated Week 4! Start thinking about how to keep the heart-healthy train steamrolling into the next thirty days. **WARNING:** If your belt fits more loosely around your waist, it may be time to find smaller pants.

Rest. Reflect. Review.

**Share your biggest Week 4 “WIN” #30DaysofHeart**

**Successes:**

**Hurdles:**

I got encouragement from:

**Favorite challenge:**

**Least favorite challenge:**

I learned:

I could’ve done better with:

**Week 4 final thoughts:**

**Next week, I will:**

**Final Days**

Turn 30 Days of Heart into a lifestyle

You’ve done it! The hard work is over, but the journey is just starting. Your heart deserves many more months—years even—of healthy focus. Use the final days to begin weaving what you’ve learned into an ongoing, committed relationship with your heart.

**AHA Tip**

Log your blood pressure. Aim to do it monthly or weekly even. Record your progress. Find ways to track water and calorie consumption, minutes exercised, steps taken, hours slept, weight, and anything that can show how today fits into your lifelong heart journey.

Show us your journal with hashtag #30DaysofHeart

RATE HOW YOU DID TODAY

RECORD A WIN

Tracking your health can show progress over time and reveal patterns before problems arise.
CONGRATS! You’ve committed a full month to your heart. Take off those training wheels and create healthy habits, because we’re in it for the long haul. Find ways to share what you’ve learned with others and, most importantly, be good to your heart.

 Invite others to take the challenge #30DaysofHeart

 Rate how you did today

 RECORD A WIN

 AHA TIP

 Your 30 Days of Heart might be over, but this is not the end. It’s only the beginning…
There may be trouble ahead —
But while there’s moonlight, and
music, and love, and romance —
Let’s face the music and dance.

—Irving Berlin
Nailed it? Mail it!

We want to send you something special for completing 30 Days of Heart. How’d it go? Let us know which daily challenges you completed and ideas to make the program better. Your honesty is appreciated. Don’t sweat if you missed a few days. Remember, no criticism. We hope you discovered simple and fun ways to take care of your heart.

- 1. Commit to YOU!
- 2. Hydrate Yo-Self
- 3. One Fruit or Veggie
- 4. A FULL Night of Rest
- 5. Break Up With Salt
- 6. Stand Up Every Hour
- 8. Say NO to Sugary Drinks
- 9. Keep it Positive
- 10. Try a NEW Fruit or Veggie
- 11. 15-Minute Walk
- 12. Call a TIME OUT!
- 13. Vegetarian or Meatless
- 15. Check Blood Pressure
- 16. Practice Gratitude
- 17. Add Color to a Recipe
- 18. Mindful Meditation
- 19. Portion Control
- 20. Outdoors for an Hour
- 22. No Added Sugar
- 23. Date Night… with Yourself
- 24. Fruit or Veggie, Each Meal
- 25. Move More Mindfully
- 26. 100% Homemade Meals
- 27. Get the Blood Flowing
- 29. Start a Heart Journal
- 30. Heart-Healthy Advocate!

Comments, Concerns, Suggestions:

______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________

☐ Yes, please send me something special for completing the challenge and more info about the AHA!

We guarantee 100% privacy. Your information will not be shared.

Mail to:
ATTN 30 Days of Heart
American Heart Association
4000 Hollywood Blvd., Ste. 170-N
Hollywood, FL 33021

Name__________________________________________
Email Address ________________________________
Phone Number ________________________________
Mailing Address ______________________________
American Heart Association.

#30DaysofHeart

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