INTRODUCTION
Healthy for Life® is a community-based nutrition and wellbeing program created by Aramark and the American Heart Association to:

- Empower people to make healthy food and lifestyle choices.
- Help change attitudes and behaviors related to food and cooking.
- Equip people with new skills and habits for healthy living.

PURPOSE OF THE TOOLKIT
The August Healthy for Life Messaging Toolkit is part of a 12-month playbook for organizations with materials to promote for each month of the year. The Toolkit reinforces the wellbeing, cooking, grocery shopping and gardening messages from the Healthy for Life program. Many of the infographics and articles can also be found in the Healthy for Life educational experiences.

The August Toolkit breaks the month down by theme and provides you with turn-key content:

- Infographics
- Articles
- Social media graphics
- Facebook and Twitter messages
- Recipes

HOW TO USE THE TOOLKIT MATERIALS
- Promote through your organization website.
- Post on your social networking sites (such as Facebook, Instagram and Twitter).
- Email to organization members.
- Display in high traffic areas of your organization.
## CONTENTS: August

### THEME/ TOPIC

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*American Heart Association.*
INFOGRAPHIC: Get the Right Sneakers for Your Workout

You don’t have to spend an arm and a leg to get the perfect athletic shoe for your body. Try these tips from exercise experts to choose shoes that work for your feet.

**LOOK FOR A SHOE THAT:**
- Provides support and cushioning for your activity and foot type (especially arch height)
- Is just flexible enough to bend near the ball of the foot
- Offers stable heel support (the heel cup doesn’t easily collapse inward)
- Has a thick enough heel to absorb shock

**SIZE IT UP:**
- Get fitted at the end of the day, when your foot tends to be the biggest
- Have your foot measured at an athletic store each time you buy shoes
- Wear your usual athletic socks when trying on shoes
- Allow a finger’s width of space between your longest toe and the end of the shoe
- Walk or run around the store for about 10 minutes

**BONUS ROUND:**
- Replace when the tread is worn down or uneven, usually after 250 to 500 miles of running

Learn more at HEART.ORG/HEALTHYFORGOOD
INFOGRAPHIC: Keeping Your Feet Happy and Pain-Free

Your feet are your foundation, so making comfort a priority could help support your goal to Move More.

**GET COMFY:**
As much as possible, wear supportive, comfortable shoes that fit well.

**KNOW YOUR FEET:**
Keep an eye out for blisters, cuts, sores, swelling, and tenderness.

**TAKE A STAND:**
Alternate periods of sitting, standing, and moving throughout the day.

**LIGHTEN UP:**
Maintain a healthy weight to stay light on your feet, knees and body.

**CROSS TRAIN:**
Mix in different activities to avoid repetitive impact – take a chance on something fun!

**BEFORE AND AFTER:**
Include your feet, ankles, calves and knees in your warm up and cool down routines.

**GET SUPPORT:**
Try orthotics or shoe inserts for additional support, comfort and pain relief from common foot, back and knee issues.

Learn more ways to add activity to your routine at Heart.org/HealthyForGood
“Warming up and cooling down are good for your exercise performance — you’ll do better, faster, stronger — and for your heart since the increased work on the heart ‘steps up’ with exercise,” said Richard Stein, M.D., professor of cardiology in the Department of Medicine at New York University and co-director of Cardiology Consult Services.

“Stretching also makes many people feel better during and after exercise and in some people decreases muscle pain and stiffness.” When done properly, stretching activities increase flexibility.

**SO WHAT’S THE BIG DEAL?**
A good warm-up before a workout dilates your blood vessels, ensuring that your muscles are well supplied with oxygen. It also raises your muscles’ temperature for optimal flexibility and efficiency. By slowly raising your heart rate, the warm-up also helps minimize stress on your heart.

“Warming up before any workout or sport is critical for preventing injury and prepping your body,” said Johnny Lee, M.D., director of the Asian Heart Initiative at the New York University Langone Medical Center and president of New York Heart Associates in New York City.

“Stretching allows for greater range of motion and eases the stress on the joints and tendons, which could potentially prevent injury. Warming up, such as low-heart rate cardio, prepares the circulatory and respiratory system for the upcoming ‘age- and type-appropriate target heart rate’ exercising, whether it’s endurance or sprint type of activities.”

The cool-down is just as critical. It keeps the blood flowing throughout the body. Stopping suddenly can cause light-headedness because your heart rate and blood pressure drop rapidly.

**WARM UP**
Before you exercise, think about warming up your muscles like you would warm up your car. It increases the temperature and flexibility of your muscles, and helps you be more efficient and safer during your workout. A warm-up before moderate- or vigorous-intensity aerobic activity allows a gradual increase in heart rate and breathing at the start of the activity.

**TIPS:**
- Warm up for 5 to 10 minutes. The more intense the activity, the longer the warm-up.
- Do whatever activity you plan on doing (running, walking, cycling, etc.) at a slower pace (jog, walk slowly).
- Use your entire body. For many people, walking on a treadmill and doing some modified bent-knee push-ups will suffice.
COOL DOWN

Cooling down after a workout is as important as warming up. After physical activity, your heart is still beating faster than normal, your body temperature is higher and your blood vessels are dilated. This means if you stop too fast, you could pass out or feel sick. A cool-down after physical activity allows a gradual decrease at the end of the episode.

It’s good to stretch when you’re cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the buildup of lactic acid, which can lead to muscles cramping and stiffness.

TIPS:

- Walk for about 5 minutes, or until your heart rate gets below 120 beats per minute.
- Stretching:
  - Hold each stretch 10 to 30 seconds. If you feel you need more, stretch the other side and return for another set of stretching.
  - The stretch should be strong, but not painful.
  - Do not bounce.
  - Breathe while you’re stretching. Exhale as you stretch, inhale while holding the stretch.

So do your body a favor. Take time to gradually progress into your workout and cool down when you’re done being physically active.
From blisters to heel pain, uncomfortable foot and lower body conditions can keep you from being as active as you want to be. Learn more about some common causes and solutions for foot and lower body issues. Finding more comfort and ease may be just what you need to get moving.

Be sweet to your feet. They support you and keep you moving and grooving, whether on the job, for fun, or when you’re rocking your favorite activity or sport. Most Americans will log about 75,000 miles on their feet by age 50. And about half of us experience pain or other foot problems at least some of the time. Our feet deserve a little TLC! Start with the basics:

- **Know your feet.** Check them daily, after you’ve been active or when you get home from work or school. Spot problems early and keep them from getting worse. Look for blisters, cuts, sores, swelling, and areas that are red, warm, tender, or rough. Check between your toes, too.

- **Keep it clean.** Wash your feet with soap and water every day, and dry them thoroughly. You can use powder or cornstarch between your toes if needed. Apply lotion to dry or rough spots like heels. Protect blisters and open sores with a fresh bandage. Trim toenails weekly -- straight across and not too short. Gently remove calluses and corns with a pumice stone or foot file. Wear clean socks, especially when you exercise or if you already have a foot problem.

- **Handle your issues.** Most adults have experienced some type of foot issue. In one 2012 survey, the most frequently reported ailments included ankle sprain, blisters, calluses, cracked skin, foot fatigue, and fungal infection (athlete’s foot). Other common conditions include arch pain, bunions, corns, heel pain, ingrown toenails, other nail issues, plantar fasciitis, plantar warts, shin splints, swelling, and yes, even smelly feet! Ignoring a foot problem won’t make it go away, so if it doesn’t start to clear up after a few days, see a doctor. Some conditions and injuries can be serious and should be diagnosed and treated by a health professional.

**AN OUNCE OF PREVENTION**

When you have discomfort or pain in your feet or lower body, you won’t have much motivation to get off the couch and get active. Happily, there are many ways to up your comfort factor and prevent some common sources of pain when exercising.

- **Take a stand:** Alternate periods of sitting, standing, and moving throughout the day. If you’re on your feet a lot, put them up when you sit down to take a break. If you’re more sedentary, try a standing desk or walking breaks. Experts suggest standing or walking for at least two hours per eight-hour workday, or about 15 minutes out of every hour.

- **Lighten up:** Stay active and maintain a healthy weight. Being overweight can put extra stress on your feet, knees, and body.

**CONTINUED ON NEXT PAGE >**
• **No fungus among us:** Wear flip flops or water shoes in public showers, locker rooms, restrooms, pools, and other wet areas.

• **Cross train:** Vary your activities to avoid repetitive impact. Walk, bike, swim, run, dance, skate – with so many fun ways to move your body, you don’t have to limit yourself to just one.

• **Before and after:** Warm up before working out, and cool down and stretch afterward. Make sure your routine includes stretching and strengthening exercises for feet, ankles, calves, and knees.

• **Insert here:** Try orthotics or shoe inserts for additional support, pain relief, and comfort. They can help with some common issues like foot discomfort, lower back pain, plantar fasciitis and knee pain. Over-the-counter shoe inserts can include arch supports, insoles, heel liners or cups, and cushioning pads.

**IF THE SHOE FITS...**

The right shoes can make being active a breeze, while the wrong shoes can wreak havoc on your feet. Here are some of the key considerations when buying shoes:

• **Get comfy:** As much as possible, wear supportive, comfortable shoes that fit well. Save those killer heels for special occasions!

• **Get specific:** If you participate in a certain sport or activity at least twice a week, get shoes designed for that activity and terrain or surface.

• **Get fitted:** Have both feet measured each time you buy shoes, and size to the larger foot. Shop at the end of the day, when your foot tends to be the biggest. Try on shoes with your usual socks and insoles or orthotics. Don’t buy shoes that feel too tight, thinking they’ll stretch.

**WHAT’S THAT SMELL?**

Nobody likes to talk about it, but let’s face it, foot odor happens. When your feet sweat, the moisture creates an environment for bacteria to grow. To help keep feet fresh so you can move more with confidence:

• Choose shoes and insoles that are well-ventilated and cooling. Avoid synthetic materials that don’t let your feet breathe.

• Wear clean, acrylic-blend athletic socks that wick moisture away from feet. Natural fibers can absorb and trap sweat, so they may not be the best choice for your workout.

• Don’t wear the same shoes every day, and don’t leave them stuffed in a workout bag or buried under sweaty clothes. Allow them to dry out thoroughly between each wearing.

• Practice good daily hygiene and nail care.

• Don’t wait to take care of foot problems.

Healthy feet are happy feet, and they’ll keep you moving toward your activity goals!

**Sources:**

1. American Podiatric Medical Association, Learn About Feet
2. Institute for Preventive Foot Health, National Foot Health Assessment (2012) and Foot Care Essentials
4. American Academy of Orthopaedic Surgeons, Foot & Ankle, Knee & Lower Leg
5. American College of Foot and Ankle Surgeons, Foot Health Facts
6. National Institutes of Health, Diabetes and Foot Problems

Last reviewed 2017
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**RECIPE: Velvety Avocado Pesto Dip**

Per serving:
- 74 Calories
- 1.0 g Sat. Fat
- 38 mg Sodium

Serving size: 2 Tbsp.
Makes 16 servings

Guac lovers won't be able to resist this creamy avocado dip with flavorful accents of basil and pine nuts!

**INGREDIENTS**
- 2 medium ripe avocados (peeled, pitted, cut into pieces)
- 1 cup fresh basil leaves
- ¼ cup unsalted pine nuts
- 3 Tbsp olive oil (extra virgin preferred)
- 1 Tbsp fresh lemon juice
- 3 medium garlic cloves
- ¼ tsp salt
- ¼ tsp cracked black pepper

**DIRECTIONS**
In a food processor or blender, process all the ingredients for about 3 minutes, or until the mixture is fluffy and creamy.

**TIP:**
Cover and refrigerate any leftover dip for up to five days.
**RECIPE:** Grilled Chicken with Strawberry and Pineapple Salsa

**INGREDIENTS**

**Chicken:**
- 4 boneless, skinless chicken breasts halves (about 4 ounces each), all visible fat discarded
- 2 tsp. salt-free steak seasoning blend
- ¼ tsp. salt

**Salsa:**
- 2 slices pineapple, each ½ inch thick, patted dry
- 1 tsp. canola or corn oil
- 1 cup whole strawberries (diced)
- 3 – 4 Tbsp. chopped, fresh mint leaves
- ¼ cup finely chopped red onion
- 1 – 2 tsp. sugar
- ½ tsp. crushed red pepper flakes
- 1 medium lemon

**DIRECTIONS**

1. Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.

2. Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.

3. Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

**Per serving:**
- 320 Calories
- 2 g Sat. Fat
- 453 mg Sodium

**Serving size:** 3 oz chicken, ½ cup salsa

**Makes 4 servings**

Grilled pineapple and fresh mint and strawberries combine with tangy lemon and a bit of hot pepper flakes to make an interesting salsa for grilled chicken.