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 July 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 July 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.
<table>
<thead>
<tr>
<th>THEME/TOPIC</th>
<th>GIVE YOUR ALL</th>
<th>EVERY STEP COUNTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infographic</td>
<td><strong>Move More for Whole Body Health</strong></td>
<td><strong>What to Wear When You Work Out</strong></td>
</tr>
<tr>
<td></td>
<td>[382x403]</td>
<td>[441x403]</td>
</tr>
<tr>
<td>Articles</td>
<td><strong>Fit in Walking: Morning, Noon or Night</strong></td>
<td><strong>Why is Walking the Most Popular Form of Exercise?</strong></td>
</tr>
<tr>
<td></td>
<td>[382x403]</td>
<td>[441x403]</td>
</tr>
<tr>
<td>Social Media Images</td>
<td><img src="image1" alt="Infographic Image" /></td>
<td><img src="image2" alt="Infographic Image" /></td>
</tr>
<tr>
<td>Facebook Text</td>
<td>There’s nothing you can’t do if you put your whole heart into it! With a few simple changes and some dedication, you’ll be on the right track in no time. Learn more at <a href="http://heart.org/HealthyForGood">heart.org/HealthyForGood</a>.</td>
<td>How many steps have you taken today? Comment below to share your progress! [running shoe emoji] Learn more ways to #HealthyForGood at <a href="http://heart.org/MoveMore">heart.org/MoveMore</a>.</td>
</tr>
<tr>
<td>Twitter Text</td>
<td>With a few simple changes and some dedication, there’s nothing you can’t do. Learn more at <a href="http://heart.org/HealthyForGood">heart.org/HealthyForGood</a>.</td>
<td>How many steps have you taken today? Comment below to share your progress! [running shoe emoji] Learn more ways to #HealthyForGood at <a href="http://heart.org/MoveMore">heart.org/MoveMore</a>.</td>
</tr>
<tr>
<td>Recipes</td>
<td><strong>Raspberry-Lemonade Slushie</strong></td>
<td><strong>Grilled White Fish with Avocado Relish</strong></td>
</tr>
<tr>
<td></td>
<td>[382x403]</td>
<td>[441x403]</td>
</tr>
</tbody>
</table>
INFOGRAPHIC: Move More for Whole Body Health

MOVIE MORE FOR WHOLE BODY HEALTH

GET STARTED! JUST ADD MODERATE INTENSITY AEROBIC ACTIVITY

10+
MINUTES
2+ TIMES EACH DAY

AND AIM FOR

150+
MINUTES
EACH WEEK

LEARN MORE AT HEART.ORG/MOVEMORE
INFOGRAPHIC: What to Wear When You Work Out

Sometimes the right gear can make or break your sweat sesh. With a few simple tweaks, you can get your wardrobe workout-ready in no time.

**STAY WELL-HEELED**
- Get fitted by a professional at an athletic store.
- Give your feet room to swell with a slightly larger size than you’d typically wear.
- Choose a shoe based on comfort, not on its construction.
- Replace your shoes when they no longer feel supportive.

**BE SEEN**
- Wear lighter colors to stay visible at dawn and dusk.
- Use reflective clothing, tape and vests.
- Attach LED lights or reflectors to your shoes.

**SUPPORT YOURSELF**
- Invest in a sports bra that’s supportive but not too tight.
- Men need support too! Spring for some breathable athletic underwear.

**WEATHER UP**
- Choose moisture-wicking fabrics instead of cotton.
- When it’s cold, dress in layers.
- Invest in a lightweight rain jacket with air vents.
- Wear hats, scarves and gloves to keep warmth in.

**PROTECT YOUR SKIN**
- Avoid blisters with double-layered athletic socks.
- Wear thin layers with flat seams to reduce chafing.
- Look for UV-blocking clothing, hats and sunglasses.

EAT SMART  ADD COLOR  MOVE MORE  BE WELL
Walking is one of the most versatile forms of exercise, because you can do it just about anytime, anywhere. These tips will help you get your walk on at the right time for you.

LIKE TO MOVE AS SOON AS YOUR FEET HIT THE FLOOR?

- Before you go to bed, get your walking clothes and shoes ready so it’s easy to put them on quickly and head out the door.
- Eat a piece of fruit or a few spoonfuls of yogurt for a quick fuel-up.
- Walking to your favorite jams may help get you moving. Just make sure you can still hear traffic.
- If it’s still dark, wear reflective clothing or carry a light.
- Be sure to stretch a bit at the end of your walk. Watch a morning news show or check your email while stretching.

IS LUNCHTIME THE ONLY BREAK IN YOUR BUSY DAY?

- Schedule your lunchtime walk in your work calendar. Think of it as an important appointment.
- Keep everything you need for walking at work. This way you won’t find yourself saying “I forgot my shoes. I can’t go.”
- Recruit some coworkers to join you. You can keep each other on track.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to change into a t-shirt.
- In cooler weather, you might need a jacket, hat or gloves. If you’re walking briskly, you’ll heat up in about 10 minutes, so don’t overdress.

CONTINUED ON NEXT PAGE >
• Bring your lunch or pick a route where you can grab a quick healthy meal at the end of your walk.

**IS WORKING OUT AFTER WORK YOUR IDEA OF HAPPY HOUR?**

• Have a light snack about an hour or two before you leave so you don’t experience an energy dip and talk yourself out of walking. Try yogurt, a handful of almonds or a piece of fruit.

• Pick a route without heavy traffic because rush hour can increase air pollutants.

• Do some shoulder rolls and other warm-ups to release the stress of the day before heading out.

• If it’s already dark, wear reflective clothing or carry a light.

**EVERY STEP COUNTS**

Most adults should try for at least 150 minutes (2.5 hours) a week of moderate intensity activity. A 30-minute walk on at least five days a week is a good start. But what if you’re so tight on time that you can’t spare a half hour every day? Then get creative and break up your activity into 10- or 15-minute sessions. For example:

• In the morning, park or get off the bus/train about 10 minutes away from your job and walk briskly to work.

• At lunch, walk for 10 minutes around where you work, indoors or outdoors.

• At the end of the day, walk briskly for 10 minutes back to your car or station. And there you have an easy 30-minute daily workout! Remember, exercise is any kind of physical activity that gets your heart rate up for at least 10 minutes at a time.
When it comes to simple ways to be healthy, walking is all the rage. Follow these tips getting started and learn more about fitness walking with the AHA.

You can get active in lots of ways, but walking is one of the easiest! For most people, it’s safe, easy to stick with, and low- or no-cost. It doesn’t require any special skills or equipment. For such a simple activity, it has so many benefits.

For every hour of brisk walking, life expectancy for some people may increase by two hours. Research has shown that walking at least 150 minutes a week can help you:

- Reduce your risk of serious diseases like heart disease, stroke, diabetes and cancer.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Increase your energy and stamina.
- Improve your mental and emotional well-being.
- Boost bone strength and reduce your risk of osteoporosis.
- Prevent weight gain.

If 150 minutes sounds like a lot, remember that even short 10-minute activity sessions can be added up over the week to reach this goal. And it’s easy to fit in 10 minutes of walking a few times a day.

**WALKING VS. RUNNING**

Did you know more Americans walk for fitness than run? Maybe you’re not that into running. Or maybe you’ve had an injury and can’t run anymore. Then just walk — every step counts. In fact, walking briskly can help your health as much as running, according to a 2013 research study.

**HOW TO WALK FOR FITNESS**

- **Gear up.** All you need to get started are comfortable clothes and supportive shoes. Keep your cool by layering clothing, because exercise raises your body’s temperature. Shoes designed for walking or running are best, but not required. Just make sure you have a little wiggle room (about half an inch) between your longest toe and the end of the shoe. Avoid cotton socks because they retain moisture and can lead to blisters. (Who knew?!)

- **Easy does it.** If you’re out of shape, begin with short distances. Start with a stroll that feels comfortable (perhaps 10-15 minutes) and gradually increase your time or distance. If it’s easier on your body and your schedule, stick with a couple of 10- to 20-minute walks a day instead of one long walk.

- **Focus on form.** Keep your head lifted (no texting!), abs engaged and shoulders relaxed. Swing your arms naturally. Avoid carrying heavy items or hand weights because they can put extra stress on your elbows and shoulders – try a backpack instead. Stick to a comfortable, natural stride.

- **Breathe.** If you can’t talk or catch your breath while walking, slow down. At first, forget about speed. Just get out there and walk!

CONTINUED ON NEXT PAGE >
• **Pick up the pace.** To warm up, walk at an easy pace for the first several minutes. Then gradually increase your speed.

• **Add variety and challenge.** Try brisk intervals. For example, walk one block fast, two blocks slow and repeat several times. Over time you’ll be able to add more fast intervals with shorter recovery periods. Walking hills or stairs is a great way to increase muscle tone and burn more calories.

• **Stretch.** The end of your walk is a great time to stretch since your body is warmed up. Stretch your hamstrings, calves, chest, shoulders and back. Hold each stretch for 15 to 30 seconds.

• **Track your progress.** Fit walking into your schedule whenever you can. That may mean three 10-minute walks a day. When you can fit it in, longer walks will help you improve your stamina. Just remember your overall goal is at least 150 minutes each week.

**STAY SAFE WHILE WALKING**

• **Be alert.** Listening to music while you walk can help keep you energized. And making phone calls is a good way to multitask. But if you use headphones, keep the volume low and watch out for traffic that you may not hear. Don’t text or stare at your device while walking, so you can keep your eyes on the road.

• **Stand out.** Wear light colors or reflective clothing and carry a flashlight or glow stick (it adds to the fun!) if you walk when visibility is low.

• **Be street smart.** Walking on sidewalks is best, but if you have to walk on the street, stick to streets with lower speed limits and make sure drivers can see you.

• **Know the neighborhood.** Note which businesses are open when you’ll be walking and the location of emergency telephones. Walk on well-traveled streets rather than taking shortcuts through alleys or parking lots.

• **Stick together.** Walk with a partner or in a group. Or bring your dog along -- you’ll both get healthier.

• **Listen to your body.** If you have foot, knee, hip or back pain when walking, STOP and check with your doctor to find out the cause. You may need different shoes or another form of activity like cycling or water exercise. But don’t give up! Find the activity that’s right for you.

**JUST WALK**

Maybe you haven’t been active for a while. No problem! Just get started. It’s not all or nothing… it’s step by step. Even if you’re already active, here are some easy ways you can add more steps into your day:

• **Grab the leash and take the dog out for a walk.**

• **Walk the kids to the park or playground.**

• **Forget about rock star parking.** Park a bit farther from the entrance to your workplace, school, grocery store, restaurants, etc.

• **Take the stairs instead of the elevator, even if just for one or two floors.**

• **Walk to a nearby restaurant for lunch or dinner instead of driving.**

• **Catch up with a friend by walking around the block while you chat on the phone.**
There's nothing you can't do if you put your whole heart into it! With a few simple changes and some dedication, you'll be on the right track in no time. Learn more at heart.org/HealthyForGood.

With a few simple changes and some dedication, there's nothing you can't do. Learn more at heart.org/HealthyForGood.
How many steps have you taken today? Comment below to share your progress! [running shoe emoji] Learn more ways to #HealthyForGood at heart.org/MoveMore.
**RECIPE:**  **Raspberry-Lemonade Slushie**

Chill out when the weather's warm and treat yourself to this frozen drink that's a blend of seasonal fresh raspberries and fresh lemon juice.

Per serving:
- 86 Calories
- 0.0 g Sat. Fat
- 0 mg Sodium

Serving size: 1 cup
Makes 4 servings

**INGREDIENTS**
- 12 oz raspberries
- 1 cup sugar substitute
- ½ cup fresh lemon juice
- 5 cups ice cubes

**DIRECTIONS**
1. In a food processor or blender, process the raspberries, sugar substitute, and lemon juice until the raspberries are puréed.
2. Add the ice cubes. Process until the mixture is mostly smooth and has a slushie-like consistency. (It’s okay if there are a few ice chunks. Don’t overmix.)
3. Divide the slushie into cups. Serve immediately.

**COOKING TIP:**
If your blender is too small for the entire recipe, split the recipe into two batches, adding half the ingredients at a time.

**TIP (ADD COLOR SWAP):**
You can vary this recipe by using blueberries and lime juice, mangos and pineapple juice, or strawberries and orange juice instead of the raspberries and lemon juice.
**RECIPE:** Grilled White Fish with Avocado Relish

**Per serving:**
- 198 Calories
- 1.2 g Sat. Fat
- 69 mg Sodium

**Serving size:** 3 oz fish

Makes 4 servings

This super simple fish dish needs a bit of time to marinate but then cooks up in just minutes! It’s perfect for a quick and easy evening meal. Prep the ingredients before you head out the door for the day.

**INGREDIENTS**

**Marinade:**
- 1 Tbsp olive oil
- Zest of 1 medium lime
- 1 lb mild white fish fillets, such as cod or halibut, rinsed and patted dry

**Relish:**
- 1 medium avocado (diced)
- 1 8-oz can pineapple tidbits in their own juice, drained
- 3 Tbsp red onion (diced)
- 3 Tbsp chopped, fresh cilantro
- Juice of 1 medium lime

**DIRECTIONS**

1. In a medium glass bowl, stir together the oil and lime zest. Add the fish, turning to coat. Cover and refrigerate for at least 1 hour, but no more than 12 hours, turning occasionally if marinating for more than 1 hour.

2. Shortly before the fish is ready to be cooked, in a separate medium bowl, gently fold together the relish ingredients. Set aside.

3. Preheat the grill on medium high. Drain the fish, discarding the marinade. Place the fish on the grill with the short end facing 10 o’clock. Grill for 1 to 2 minutes, or until dark grill marks appear on the fish. Rotate the fish so that the short end is facing 2 o’clock. Grill for 1 to 2 minutes. Turn over the fish. Turn off the heat directly under the fish but keep all the other burners on medium high (indirect cooking). Close the grill lid. Cook the fish until it flakes easily when tested with a fork but is still very moist. (The fish should no longer be opaque in the center.)

4. Transfer the fish to plates. Top with the relish. Serve immediately.