



WISE & WELL

Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

Four Weeks to a Healthier Heart

There are always smaller opportunities to make some positive changes to improve your heart health. Consider a few of these to feel instantly successful.

February 2

Add some color to your plate.

This week, look for opportunities to add fruits or vegetables to dishes you're already eating, like adding berries to yogurt, basil or kale to pasta or peppers to a salad or stir-fry. You can make healthy substitutions, too. Instead of an afternoon protein bar, opt for an apple or banana instead.

February 9

Pick a healthy hobby.

After a long day, it's easy to get wrapped up watching TV or scrolling through your phone. This week, allot one hour of screen time per night and spend the rest of the evening doing a stress-free activity like reading, meditation, writing or cooking.

February 16

Schedule a sweat session.

This week, work on committing at least 30 minutes a day of moderate aerobic activity like running, walking or biking. It could also be something as simple as a gentle yoga session in the morning or a quick walk after dinner to decompress.

February 23

Go to bed early.

Sleep is often the first thing we sacrifice when our schedules are packed full of social and career obligations. This week, put it back on your to-do list. Set aside enough time each night this week to ensure that you get seven to nine hours of sleep each night.

Source: [mainlinehealth.org](https://www.mainlinehealth.org)