



British Heart
Foundation

TAKE THE HEART MONTH 10 MINUTE CHALLENGE

Show some love for your heart this February.
Make one small change, every day for 10 days.

Day 1 Monday 16 February: Take an active break

Spend 10 minutes walking while you're taking a break.

Day 2 Tuesday 17 February: Try a new fruit

Shop for a different fruit to satisfy your sweet tooth.

Day 3 Wednesday 18 February: Count the stairs

Take the stairs, not the lift. Count and share your steps online.
#10MinChallenge.

Day 4 Thursday 19 February: Turn it green

Go for green on food nutrition labels and eat green fruit and veg.

Day 5 Friday 20 February: Stand up!

Get on your feet for a meeting or a phone call.

Day 6 Monday 23 February: Plan a healthy work meal

For tasty meal ideas visit bhf.org.uk/mealideas.

Day 7 Tuesday 24 February: Take 10 to get active

Get off the bus early, cycle to work, or park your car further away.

Day 8 Wednesday 25 February: Snack swap day

Eat fruit and nuts in place of sugary or salty snacks.

Day 9 Thursday 26 February: Eat a rainbow meal

Make your rainbow from different coloured fruit and veg.

Day 10 Friday 27 February: Try a new vegetable

Buy an unusual vegetable and surprise your taste buds.

**FIGHT
FOR EVERY
HEARTBEAT**

Find more ideas for completing your challenge at bhf.org.uk/workchallenge

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