

Face Your Life 2011
Week: 6 February 14 - 20
Heart Healthy Week

Name: _____
Team #: _____ Team Name: _____

It's **Heart Health Week!**

We all know the risks involved in developing heart disease; high cholesterol, high blood pressure, smoking, obesity, etc... (See attached article: *Guide to Healthy Heart*, to learn more), But did you know this other important valuable information in these 2 articles?

_____ **500 points.** How do you keep you heart healthy? Post on your board *your* heart healthy tips. For example: I put flaxseed in my morning or afternoon meal replacement shake. Flaxseed is great source of omega-3 fatty acid, which helps protect the heart. If you are currently not doing anything to increase your heart health, what will you *start* or *stop* doing?

_____ **500 points.** Read the Article on *Exercise for a Healthy Heart*. Prior to reading this article did you know that **strength training** helps improve your heart health as well as cardiovascular exercise? _____ Yes / _____ No

Read the article on *Can you spot Heart Disease Symptoms?*

_____ **500 points.** List 2 symptoms of Heart Disease for women: _____

_____ **500 points.** List 2 symptoms of Heart Disease for men: _____

_____ **500 points.** What romantic thing have you done in the past for a significant other? This can be anonymous. Please post it on the board in the lobby. Keep it clean! Looking for tips on ways to help celebrate Valentine 's Day...

Exercise Points: 15 minutes = 25 points/ Limit 2-hours a day = 200 points

Please list your activity followed by the amount of time for each activity, see example below:

Monday, February 14: _____ total _____
Tuesday, February 15: _____ total _____
Wednesday, February 16: _____ total _____
Thursday, February 17: _____ total _____
Friday, February 18: _____ total _____
Saturday, February 19: _____ total _____
Sunday, February 20: _____ total _____

Total Workout Points (should not exceed 1,400 points): _____

Total Points for Week #6: _____