


Adopt our "Heart-Healthy Resolutions."

**January**

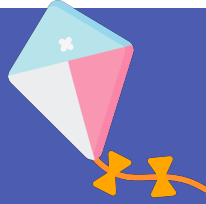
Check it off your bucket list



Find a new heart-healthy hobby you love.

**February**


Check it off your bucket list



Do something relaxing.

**March**


Check it off your bucket list



Create a health goals checklist with your doctor.

**April**

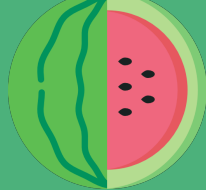
Check it off your bucket list



Participate in a walk, run, or hike in your state.

**May**


Check it off your bucket list



Cook a healthy summer meal for friends or family.

**June**


Check it off your bucket list



Go somewhere you've never been.

**July**


Check it off your list



Host a picnic in the park.

**August**


Check it off your list



Help inspire someone else's health goals.

**September**

Check it off your list



Find a new indoor workout you love.

**October**

Check it off your bucket list



Introduce healthy Thanksgiving meal swaps.

**November**

Check it off your bucket list



Finish a new book before the end of the year.

**December**

Check it off your bucket list