



Join the Niagara Families Healthy Heart Challenge!

Did you know that the most important muscle in your body is your heart?

Incorporating physical activity into your day can benefit your health significantly and lower your family's risk of heart disease.

That's why as part of Heart Health Month, YMCA of Niagara and Niagara Health System have teamed up to launch the first Niagara Families Healthy Heart Challenge in February.

We're challenging families to make a 30-day commitment to lower their families' risk for heart disease by participating 30 minutes of physical activity together at least 3 times per week.

How does it work?

- Complete the Healthy Heart Challenge calendar (on reverse) by checking each day your family participates in 30 minutes of physical activity
- Drop off your completed calendar at any YMCA of Niagara Health, Fitness and Aquatics branch

OR

- Post photos of your family's activities using [#healthyheartsNiagara](#) to be entered for a chance to win a 3-month General Family Membership at the YMCA.

*Deadline is March 7





Mark on this calendar the days your family was active for 30 minutes or more



Activity Ideas

- Brisk walking or hiking
 - Ball hockey
 - Bowling
 - Dancing
 - Swimming
 - Yoga
 - Skating
 - Skiing
- Use a free Try My Y 1-week family pass at a YMCA of Niagara. Go to ymcaofniagara.org to print and for locations.
- Head to a YMCA for free family swimming & recreation activities on Sunday, February 15.
- Register for a free Healthy Eating & Nutrition Seminar offered by Niagara Region Public Health. Go to ymcaofniagara.org for details.



February 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

CONTACT INFO FOR DRAW

NAME: _____

PHONE: _____

ADDRESS: _____

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