TAKE CARE
OF YOUR
Heart!
WELLBEING CHALLENGE

Take Care of Your Heart!

Description: The ***Take Care of Your Heart Challenge*** can be either four or six weeks. It offers numerous benefits, including improved heart health through increased physical activity, better nutrition, efficient sleep, stress management, hydration, and incorporating more joy into daily life. Expect to develop healthier habits, reduce the risk of cardiovascular diseases, enhance overall wellbeing.

Challenge Goal & Tracking: The goal of this challenge is to engage in 150 minutes of physical activity each week and log progress in the mobile app to earn exciting points or prizes. [Client-specific rewards or prizes]

Steps to Enroll (*Included in enrollment messages)

This challenge begins [DATE]. To sign up:

- Log in to your inHealth account either through the mobile app or web-based portal.
- On the **Today** screen, locate and click on the **Take Care of Your Heart** banner.
- Click **Enroll** to begin the challenge.

Tracking Instructions (*Included in all weekly messages)

To log your weekly experiences:

- Access the mobile app or web-based portal.
- From the main menu, select **Health Tracking.**
- Click on the **Activity** icon.
- Input the date for the entry you are logging.
- Once completed, click the **Add** button to save your entry.

Notice of Challenge Requirements (*Included in all messages)

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all four or six weeks to [earn/qualify for] [insert reward or incentive].

Introduction/Enrollment Message

It's February! The month when love fills the air. It's also Heart Health month. Over the next four (or six) weeks, the challenge is to boost heart health by committing to 150 minutes of physical activity each week. Expect weekly tips on simple lifestyle adjustments to support your journey, with a strong emphasis on heart-boosting exercises designed to get your blood pumping.

To qualify for [Prize information from client], make sure to log your physical activity in the inHealth mobile app. Each week you hit the goal, you'll earn exciting rewards, making every step even more worthwhile.

Let's get started!

Weekly Messages

Week 1: *Nutrition*: In Week 1, we'll focus on nutrition by incorporating a variety of healthy foods and cutting back on sugary drinks.

A healthy diet is the best way to combat cardiovascular disease! Create healthier habits by incorporating a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes and non-tropical vegetable oils. Also, cut back on drinks with added sugars.

[Button] Eat a Heart Healthy Diet

Heart Boost: Start each day with a 30-minute walk to kickstart your daily physical activity.

Week 2: *Physical Activity*: Week 2 emphasizes physical activity. We'll guide you through moderate-intensity exercises to strengthen your heart.

Exercise strengthens your heart and lowers your risk for many diseases, such as coronary heart disease and diabetes. Most physical activity should be done at a moderate intensity. Be sure to talk to your primary care physician about what's best for you.

[Button] Physical Activity and Your Heart

Heart Boost: Try a 30-minute home workout routine, such as yoga or bodyweight exercises, five days a week.

Week 3: Efficient Sleep: Week 3 is all about efficient sleep. Establish a regular sleep schedule to help your heart repair itself.

Over time, a lack of sleep can cause problems with heart health, therefore getting enough sleep is critical to a healthy lifestyle. When you are resting, your body is repairing itself. It also helps you function normally throughout the day. To get proper and effective rest, be sure to stick to a regular sleep schedule, don't eat or drink within a few hours of bedtime and keep your bedroom cool, dark, and quiet.

[Button] Sleep and Heart Health

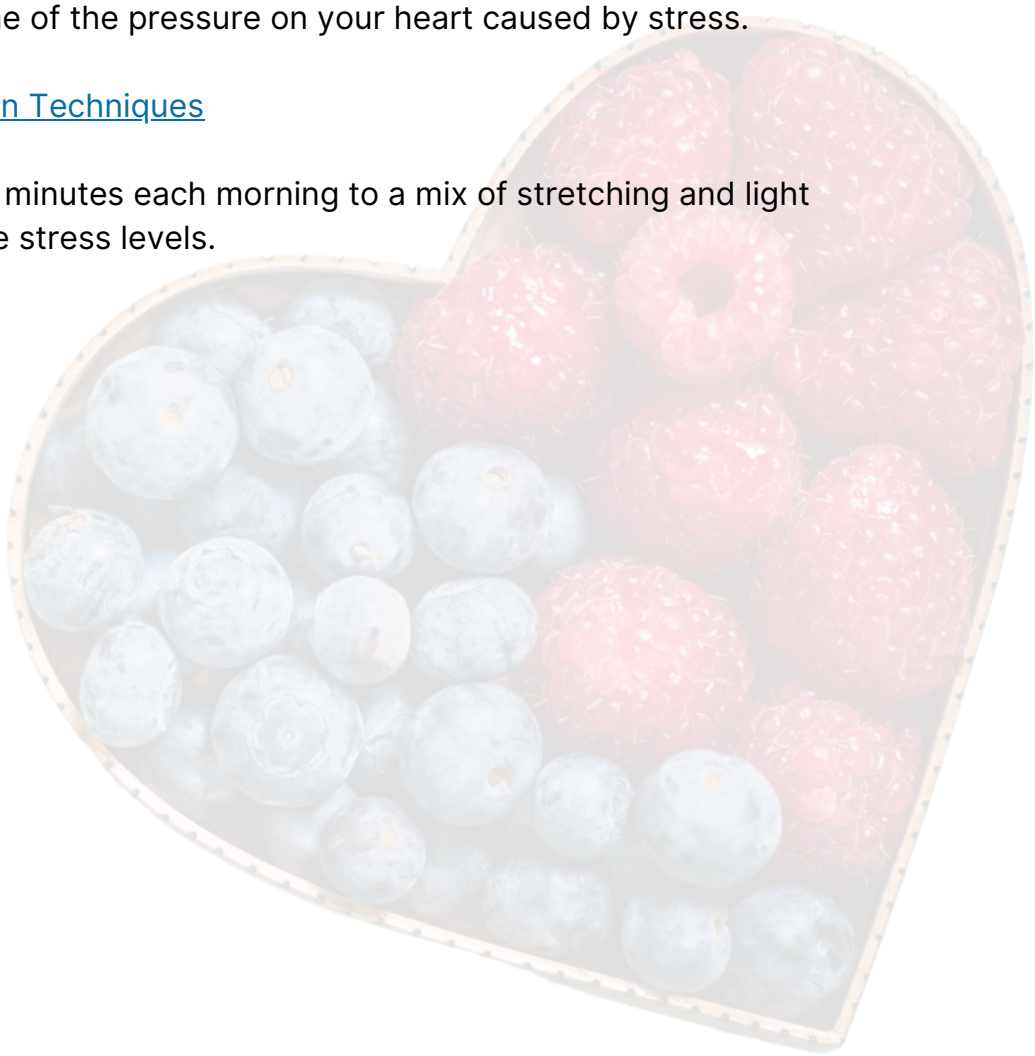
Heart Boost: Incorporate a 30-minute evening stroll to relax and unwind before bedtime.

Week 4: *Manage Stress*: In Week 4, we focus on managing stress through relaxation techniques.

Learn to relax! Stress can cause your heart rate to increase. Stress can also lead to impulsive eating that typically include foods that are high-fat and filled with cholesterol, damaging arteries. Calming exercising like deep, focused breathing and relaxation can relieve some of the pressure on your heart caused by stress.

[Button] Explore Relaxation Techniques

Heart Boost: Dedicate 30 minutes each morning to a mix of stretching and light cardio exercises to reduce stress levels.



If you choose the six-week option...

Week 5: *Drink Water*: Week 5 encourages you to drink water and stay hydrated.

Keeping your body hydrated puts less strain on your heart. Getting enough fluid in your body helps your heart pump blood more easily and allows oxygen to reach your muscles, which helps the muscles work efficiently.

[Button] Am I Dehydrated?

Heart Boost: Join a 30-minute water aerobics class or go for a swim five days this week.

Week 6: *Laugh More*: Week 6 is about incorporating more laughter into your life for better heart health.

When is the last time you let out a belt of laughter? It could mean a world of difference for your health. Laughter is a medicine for all. Did you know that a chuckle or two can help boost your mood, ease stress, and protect your heart?

[Button] Why Laughter is the Best Medicine

Heart Boost: Take a 30-minute dance break to your favorite upbeat music each day to boost your mood and get your heart pumping.

Final message:

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

Congratulations on completing the ***Heart Health Challenge!*** Your dedication to improving your heart health and overall wellbeing is truly inspiring. Remember, the journey doesn't stop here. Continue to incorporate the healthy habits you've developed into your daily routine. Keep nourishing your body with wholesome foods, staying active, getting quality sleep, managing stress, staying hydrated, and finding joy in laughter.

Your heart thanks you for the love and care you've shown it. Keep up the great work and continue to make your wellbeing a priority. Here's to a healthier, happier you!

TAKE CARE OF YOUR *Heart!*

WELLBEING CHALLENGE

[Challenge Dates]

LOGO HERE

Challenge Introduction

Embark on a heart-healthy journey [DATE]. Dedicate yourself to 150 minutes of physical activity each week and log your progress in the inHealth mobile app for a chance to earn exciting rewards!

This 4- or 6-week challenge is your opportunity to enhance your heart health through simple, impactful lifestyle adjustments. Join today and prioritize your wellbeing with supportive tips and actionable steps.

4 or 6 Weeks to a Healthier Heart

- Nurition
- Physical Activity
- Efficient Sleep
- Stress Management
- Hydration
- Mood Boosting

Enrollment: [DATE]

- Click here or scan the QR code to access the web-based wellbeing portal.
- Click on the ***Heart Healthy Challenge*** banner on the Today screen.
- Click "Enroll," and you're all set!
- Watch your inbox for weekly messages beginning [Date of challenge]!

SCAN ME

Additional Information:

Questions? Call ---.---.---- | Email ---@---.org