

B I N G O

Get your blood pressure checked at your local pharmacy or health unit

Add one more serving of fiber to your daily diet

Drink 1 litre of water in one day

Learn how to take your pulse

Practice mindful eating

Try a new recipe

Go for a 30 minute walk with a friend

Cook a heart healthy dinner with your family

Participate in a walking challenge

Swap out a carbonated beverage for soda water and fruit (i.e., lemon, lime)

Develop a routine for exercise

Swap out regular dairy products for low fat dairy products

FREE

Make a plan for healthy lifestyle changes

Make an appointment with your health care professional

Learn the signs of a heart attack

Share your heart health experiences with a friend

Do 10 minutes of yoga

Talk to your health care provider about heart disease

Try a deep breathing exercise

Find a new outdoor hobby

Go for a run

Enjoy an outing in nature

Learn the signs of a stroke

Stretch before going to bed