Did you know that heart disease is the #1 cause of death in America? Heart disease sneaks up on people in all walks of life, from middle-age professionals who are working in stressful jobs to young couples beginning their families. The good news is that a few lifestyle changes can make a big impact on your heart’s health.

Get Heart Smart
The Get Heart Smart Challenge will help you build two heart smart activities into your life: a healthy breakfast and physical activity.

Eating a healthy low-fat, high fiber breakfast:
• Includes a variety of foods, such as whole grains, fruits, vegetables, lean proteins, low-fat dairy products and small amounts of healthy fat
• Gives you the energy you need to handle the physical and mental stresses of the day
• Helps you manage your weight

Adding 15 minutes of physical activity to your day helps:
• Boost your metabolism
• Clear your mind for the day ahead
• Relieve your stress
• Can help reduce many risk factors such as high blood pressure, diabetes and excess weight

How the Challenge Works
• Earn 1 point per day for adding at least 15 minutes of physical activity.
• Earn 1 point per day for eating healthy breakfast.
• Earn a maximum of 2 points per day
• Record at least 40 points online at www.UBAWellnessWorks.com by February 29 and you will receive 5 Wellness Credits.