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Continue your journey and log your miles during the month of February to help improve your heart health. The U.S. Centers for Disease Control and Prevention advise most adults to do 150 minutes of moderate-intensity aerobic physical activity each week!
The member that turns in the highest mileage will win a prize!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wear RED on the days with the  and enter a raffle to win prizes!				1 Like the Park District of La Grange on FB and follow us on Twitter for Fitness Tips! Today's Miles: _____	2 National Wear Red Day!  Today's Miles: _____	3  Today's Miles: _____
4 Bring a healthy dish to your Super Bowl party! Today's Miles: _____	5  Today's Miles: _____	6 Cardiovascular disease is the number one leading cause of death. Get your miles in every day! Today's Miles: _____	7 Know your Numbers Blood Pressure 120/80 mm Hg or lower Today's Miles: _____	8  Today's Miles: _____	9  Today's Miles: _____	10 The American Heart Association has funded more than 4 billion in research since 1949. Today's Miles: _____
11  Today's Miles: _____	12 Know your Numbers Get your cholesterol checked on an annual basis or as recommended by your doctor Today's Miles: _____	13  Today's Miles: _____	14 Happy Valentine's Day! Work out with a friend today to help stay motivated! Today's Miles: _____	15  Today's Miles: _____	16 Each year, about 795,000 will experience a new or recurrent stroke! Prevention is the key! Today's Miles: _____	17  Today's Miles: _____
18  Today's Miles: _____	19  Today's Miles: _____	20 One in every three adults does not engage in physical activity. Get active! Today's Miles: _____	21  Today's Miles: _____	22 Know your Numbers Fasting Blood Sugar 100 mg/dL or lower Today's Miles: _____	23  Today's Miles: _____	24 Cardiovascular disease claims more lives each year than all forms of cancer Today's Miles: _____
25 Approximately every 40 seconds someone will have a heart attack. Get moving now! Today's Miles: _____	26  Today's Miles: _____	27 Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health Today's Miles: _____	28  Today's Miles: _____	Turn in your total miles calendar to the fitness desk by 3/1/18 to be entered to win! Name: _____ Total Miles: _____ Email Address: _____ Phone Number: _____		