



## Heart Month: Chi Eta Phi Sorority Chi Chi Chapter

We have three challenges for the heart Self-care month of February.

1. Find a virtual partner to walk 50-100 miles in the month of February.
2. Find a virtual family or friend to use the “28 Days Toward a Healthy Heart” chart.... posted on fact sheet on link.  
[nhlbi.nih.gov/heartmonth](http://nhlbi.nih.gov/heartmonth)
3. Find a virtual family or friend to do an exercise chart for 28 days from Chi Chi chapter...posted on our web site.

Do not start any of the challenges  
without consulting your doctor first.



## Chi Chi Chapter

### February Exercise Calendar

February 1....Walk for 30 minutes at your pace.

February 2...Walk, Run/fast walk, and Lift. 20 minutes U -tube shows exercise with Leslie Sansone.

February 3...Walk for 30 minutes at your pace

February 4...Walk away the pounds/1 mile walk..U-tube shows Leslie Sansone.

February 5...Walk for 30 minutes.

February 6...Walk away the pounds/2 miles..U-tube shows Leslie Sansone.

February 7...walk for 30 minutes

February 8...10 push-up/modified / 10 squats/modified

February 9.....Walk 30 minutes

February 10.....February 16.....There are several exercises where weights can be incorporated with the exercise. The weights will increase the cardio workout (that is an individual choice). The weights can be 1lb or 2lb hand weights, ankle weights used as hand weights, small canned foods, small bags of rice or beans, 16 oz filled water bottles or two or three books of similar sizes.

1. Brisk walk swinging arms or pumping arms (20-30 minutes) (with or without weights).
2. Walk on a treadmill (20-30 minutes).
3. Walk upstairs as much as possible (try to avoid elevators whenever necessary).
4. Lift Knees – stand with feet slightly apart lifting each leg with knee bent (lift the right knee slowly, lift the left knee slowly hands-on hips, then lift the

right knee 2 times fast and the left knee 2 times fast – repeating this sequence 8-10 times).

5. Deep knee bends with weights (feet slightly apart and knees slightly bent squat down as far as you can (count to 2 on each side) with a weight in each hand. Repeat up to 10 times. Stay in squat position for the entire exercise if you can.
6. Side bends with weights (with feet apart bend to the right with one weight in each hand and bend to the left repeating 5 on each (20 total).
7. Moderate Jumping Jacks – with feet together move your foot out to each side raising your arms above your head (up and down) with each foot movement. You can move your arms and legs slowly or pick up the pace and move the legs and arms faster. If unable to raise the arms completely overhead raise them as high as you can. (no weights).

Modifications can be used in any of the exercises. Then start from the top, until the end of the month.

All exercises must be approved first by your provider/doctor to participate in our Heart/exercise month challenge. This is self-care for our heart. Modifications can be used in any of the exercises. Then start from the top, until the end of the month.

Enjoy and thanks for your support!!