



**Buckinghamshire
Council**

Love Your Heart Bucks 28 Day Heart Health Challenge

Show your
heart some love



MON	TUE	WED	THUR	FRI	WEEKEND
 Have a FREE health MOT at a Pump It Up Health Kiosk. buckinghamshire.gov.uk/campaign/love-your-heart-bucks	 Get Moving, join a free Simply Walk route. buckinghamshire.gov.uk/parking-roads-and-transport/walking-cycling-and-wheeling/simply-walk	 Prepare a meal with lean proteins, veggies, and whole grains. heartuk.org.uk/tasty-recipes/explore-our-recipes	 Drink at least eight glasses of water today.	 Say no to cigarettes and take a step towards a smokefree life. bhb.maximusuk.co.uk	 Digital detox: try to reduce your screen time over the weekend.
 Eat mindfully. Slow down, enjoy every bite, chew food well and avoid mealtime distractions.	 Strength Training - exercising with weights, carrying shopping, or some gardening.	 Relaxation Day: try meditation or deep breathing exercises. buckshealthcare.nhs.uk/pifs/a-patients-guide-to-the-active-cycle-of-breathing-technique-acbt	 Check your blood pressure for free at a local venue. buckinghamshire.gov.uk/campaign/love-your-heart-bucks	 Move more with Better Points and earn rewards. buckinghamshire.gov.uk/campaign/better-points	 Limit alcohol: consumption to promote heart health.
 Take 20 minutes to plan meals and snacks for the week ahead. healthandwellbeingbucks.org/s4s/WhereILive/Council?pageId=5505	 Eating too much salt can increase your blood pressure. Be mindful of hidden salt in your food. bhf.org.uk/information-support/support/healthy-living/healthy-eating/salt	 You are halfway through your challenge why not visit the Pump It Up Health Kiosk to have a FREE health MOT and check your progress? buckinghamshire.gov.uk/campaign/love-your-heart-bucks	 Socially connect with friends or family for a heart-healthy activity like hiking or dancing.	 Cardio Blast: 30 minutes of cardio exercise like jogging, cycling, or swimming. directory.buckinghamshire.gov.uk/?keywords=exercise&page=1	 Healthy Habits Reflection: Reflect on the positive changes you've made and commit to maintaining them.
 Check if you're due your NHS Health Check to spot the early warning signs.	 Get Creative in the Kitchen, try a new heart-healthy recipe. Aim to balance all your meals with ½ fruit and veg, ¼ protein and ¼ starchy carbs. Simple but effective. growtogive.co.uk/cookingrainbow	 Habit stack and find opportunities to move throughout the day, like taking the stairs or going for a walk during your lunch break.	 Spend a few minutes learning how menopause can affect your heart health. bhf.org.uk/information-support/support/women-with-a-heart-condition/menopause-and-heart-disease	 Practice mindfulness meditation for 10 minutes. Regular meditation can reduce lower blood pressure and stress levels.	 Encourage others: Share these tips with a family member or friend and tell them about your favourite change you've made.

Congratulate yourself for completing the 28 Day Heart Health Challenge! Keep up the good work and continue prioritising your heart health.

Note: Always consult with a healthcare professional before making significant changes to your lifestyle, especially if you have any existing health conditions.



Getting active:

Better Points – Earn vouchers for healthy activities, download the Better Points app. It can record your activities, so you don't even need to press start and stop.

bucks.betterpoints.uk

Love Exploring - Why not venture out, stay active and rediscover your local park with the Love Exploring app? Free to all, the games and guided trails include quizzes that get you hunting for clues as you explore with friends and family.

healthandwellbeingbucks.org/s4s/WhereLive/Council?pagelId=5824



Blood pressure:

Book an NHS Health Check – for residents aged 40-74. (Exclusions apply see website for more info)

healthandwellbeingbucks.org/s4s/WhereLive/Council?pagelId=5849

Blood pressure loan kits – Loan out a FREE blood pressure monitor from your local library (certain locations) and share it with your family.

buckinghamshire.gov.uk/campaign/love-your-heart-bucks/#pump-it-up-know-your-blood-pressure

Visit a Health Kiosk – for a free health MOT visit one of our static health kiosks in your local library (certain locations). It's an easy way to track and record your height, weight, blood pressure and other helpful readings.

buckinghamshire.gov.uk/campaign/love-your-heart-bucks/#pump-it-up-know-your-blood-pressure



Mental wellbeing:

If you are worried about your mental health and wellbeing, and are finding it difficult to cope, you're not alone. There is lots of help and support available in Buckinghamshire.

healthandwellbeingbucks.org/s4s/WhereLive/Council?pagelId=5886



Eating better:

Grow to give - a scheme that allows local allotment holders to donate their surplus produce from their allotments to food banks (most allotments located in Aylesbury, High Wycombe and Chesham)

healthandwellbeingbucks.org/s4s/WhereLive/Council?pagelId=5504



Lifestyle support:

Be Healthy Bucks – your free healthy lifestyle service that offers a range of support to stop smoking, be a healthier weight (for adults and children) or cut down on alcohol.

bhb.maximusuk.co.uk
03332 300177



buckinghamshire.gov.uk/you-matter