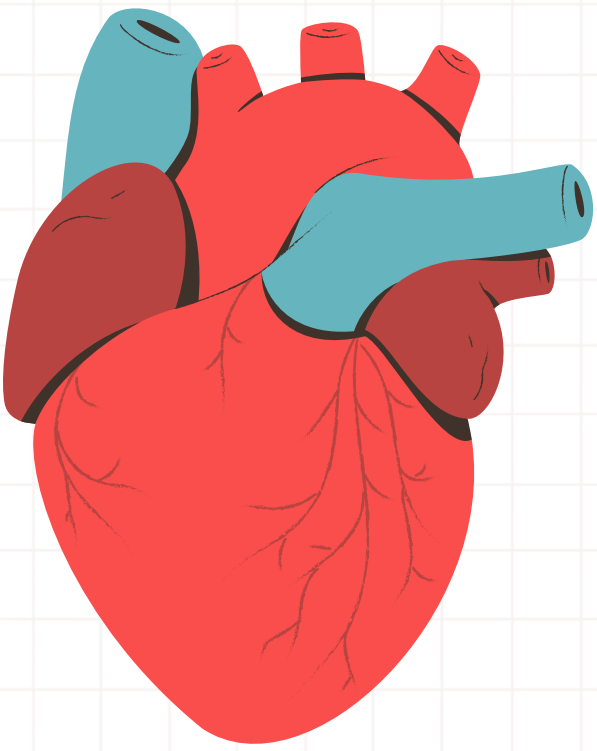
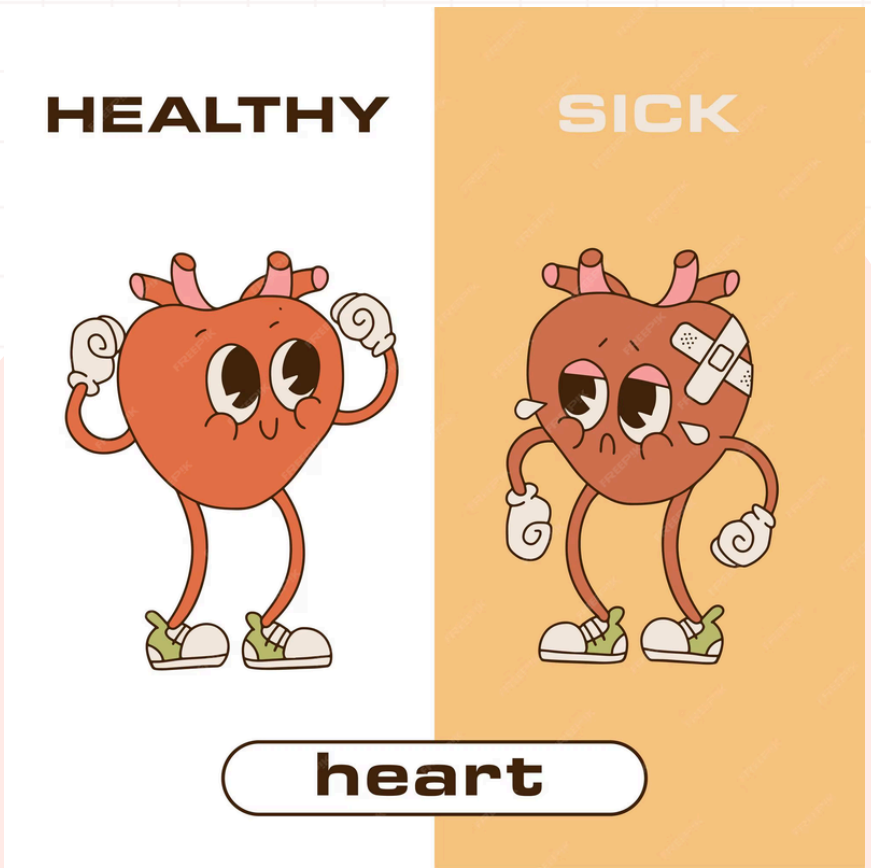
WELLNESS PASSPORT A GUIDE TO YOUR HEALTH

YOUR HEART IS YOUR ENGINE

WHY YOUR HEART HEALTH MATTERS!

- Your heart pumps blood to your whole body
- A strong heart helps you feel better and live longer
- Smoking, stress, and poor eating can wear it down
- But you can take steps today to care for it!





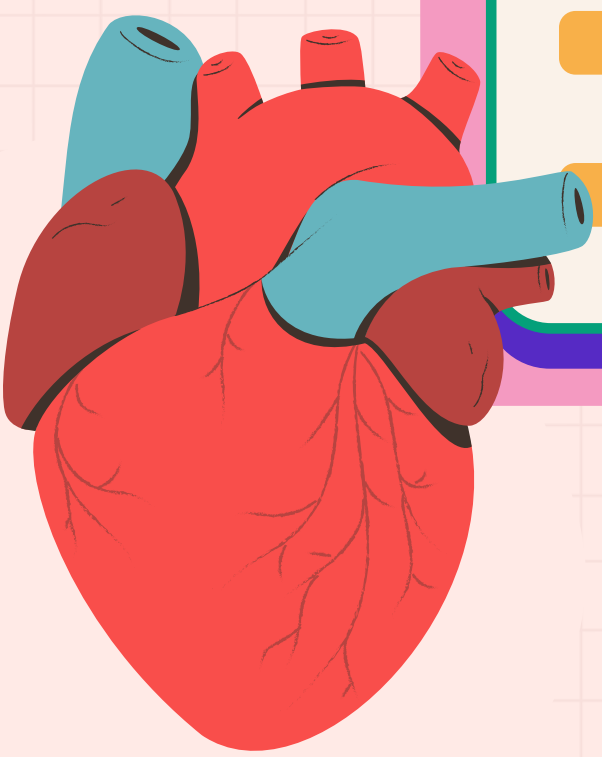
CHECK YOUR BLOOD PRESSURE

LISTEN TO YOUR BODY

SIGNS YOUR HEART NEEDS HELP

CHECKLIST

- Feeling Tired all the time?
- Shortness of breath
- Chest Pain or Tightness
- Swollen ankles or feet?
- Dizziness
- Fast Heartbeat?



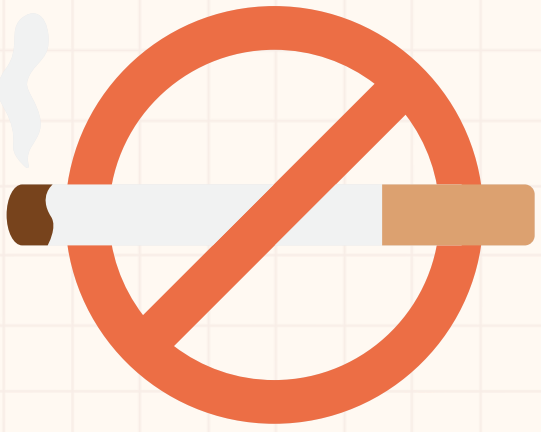
GET REGULAR HEALTH SCREENINGS

WHAT HURTS YOUR HEART

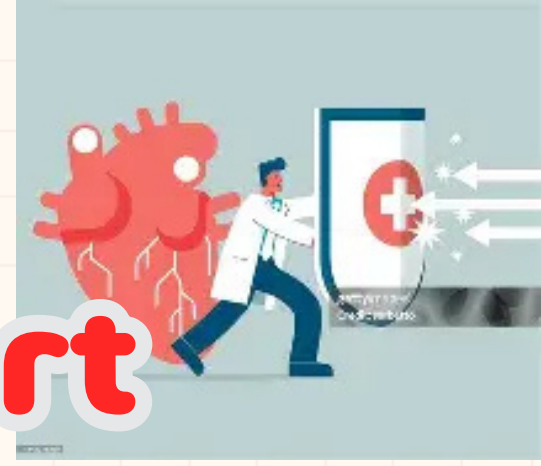
Things that make your heart work too hard

- 🚬 Smoking
- 🧂 Too much salt
- 🛋️ Sitting too much
- 😤 Stress and anger
- 🍟 Fried and fatty foods

Fun Tip: Cutting back a little makes a BIG difference



Easy Ways to Protect your heart



Learn Healthy Habits for a Happy Heart

FOR EACH HABIT COMPLETED, PLACE A STICKER IN YOUR PASSPORT!

Place A STICKER HERE:

🥦 EAT AT LEAST ONE VEGGIE EVERY DAY

🚶 WALK OR STRETCH FOR 10 MINUTES

💧 DRINK MORE WATER (8 CUPS RECOMMENED)

😴 SLEEP WELL (8HRS PLUS)

🎶 RELAX WITH MUSIC OR PRAYER (WHATEVER RELAXATION LOOKS LIKE TO YOU)

🚭 TRY TO CUT DOWN OR STOP SMOKING

HEARTLAND

Think of this as a stop in a country called "Heartland" - where the best foods grow!

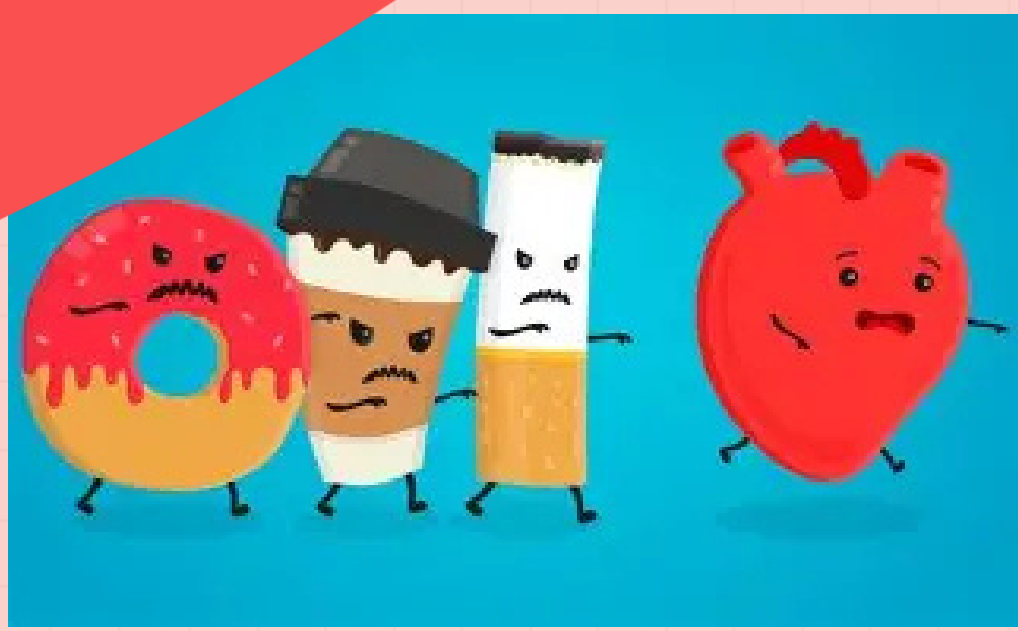
Foods that help your heart:

- 🥦 Vegetables
- 🥜 Nuts
- 🐟 Fish (like salmon or tuna)
- 🍓 Fruits
- 🍚 Whole grains

What to cut back on:

- 🧂 Salt
- 🧁 Sugary snacks
- 🍟 Fried or greasy food

Remember it's easier to consume in moderation then to cut these items off immediately. Limit the intake of fatty foods, and sweet treats



Let's Move in Motionville!

This “passport stop” teaches safe, light movement that keeps the heart strong, especially for older adults

WHY MOVING HELPS:

- LOWERS BLOOD PRESSURE
- HELPS YOU BREATHE BETTER
- BOOSTS ENERGY AND MOOD
- KEEPS YOUR HEART STRONG

- EASY MOVEMENT IDEAS:
- 🚶 WALK INDOORS OR OUTDOORS FOR 10 MINUTES
- 🧘 CHAIR STRETCHES
- 💃 DANCE TO MUSIC
- 🧹 GENTLE CHORES LIKE SWEEPING

Wellness Journey Complete!

Congratulations! You have now learned some skills and habits that you can do at home to help improve your health! We will see you on the next trip✈️🌏