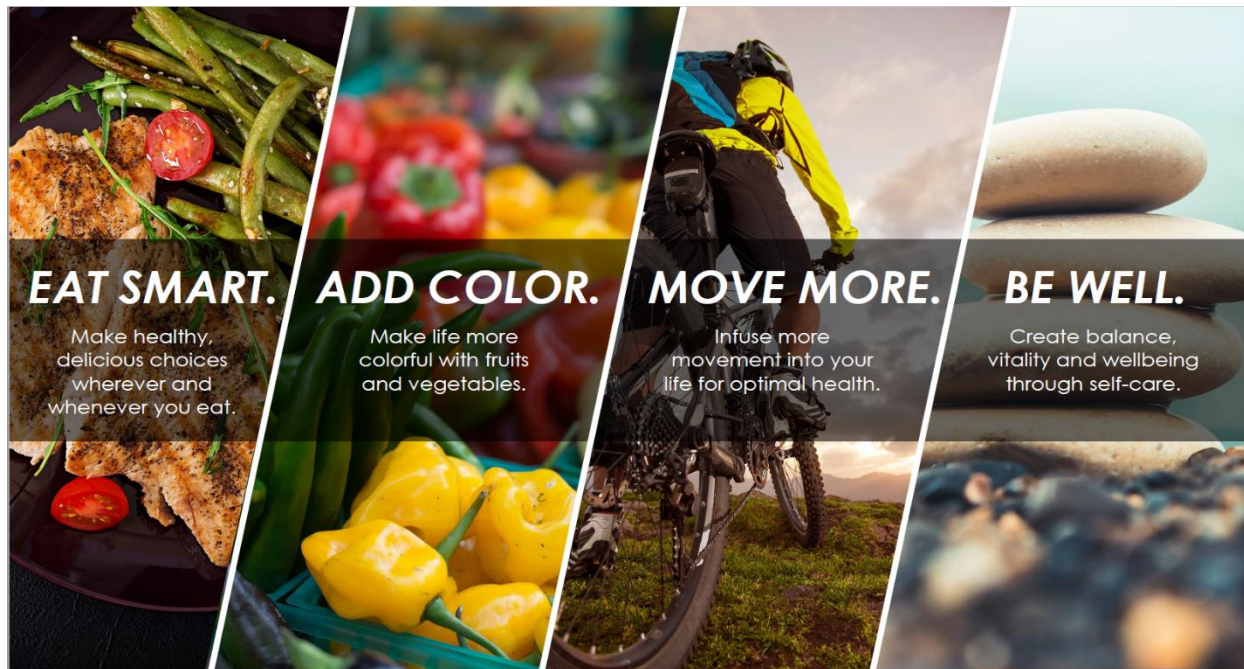


### American Heart Association: Remote Employee Engagement Toolkit

**Healthy for Good** is a revolutionary **healthy** living movement to inspire you to create lasting change in your **health** and your life, one small step at a time. The approach is simple: Eat smart. Add color. Move more. Be well.



### Eat Smart & Add Color Resources

- [Video series](#)
- [How to store in freezer](#)
- [How to store food best in the refrigerator](#)
- Coloring Book Resources for Children (Attachment)
- [Staple Resources](#)
- [AHA Recipe Site](#)

Recommended Recipes for Pantry Friendly Ingredients:

- [Chili](#)
- [Chicken](#)

### Move More Resources

- [Create a Circuit Home Workout Infographic](#)
- [How to Move More Anytime Anywhere](#)
- [Move More Daily Challenges](#)



- [Stretches for Exercise & Flexibility](#)
- [Tools for Children](#)
- [Videos](#)

Heart Healthy Bingo:

- For Adults: Heart Healthy Bingo (Attachment)
- For Children: [Heart Healthy Bingo](#)

### Be Well Resources

- [Redefining Failure: How to Overcome Setbacks](#)
- [How to Establish a Wake-up Routine for a Good Morning Every Morning](#)
- [Meditation to Boost Health and Well-Being](#)
- [How to Sleep Better with Tech Tweaks](#)
- [How to Sleep Better Infographic](#)
- [Tips to Lower Stress Infographic](#)
- [Fight Stress with Healthy Habits Infographic](#)
- [21 Days of Gratitude](#)
- Color Me Mindful Resource (Attachment)

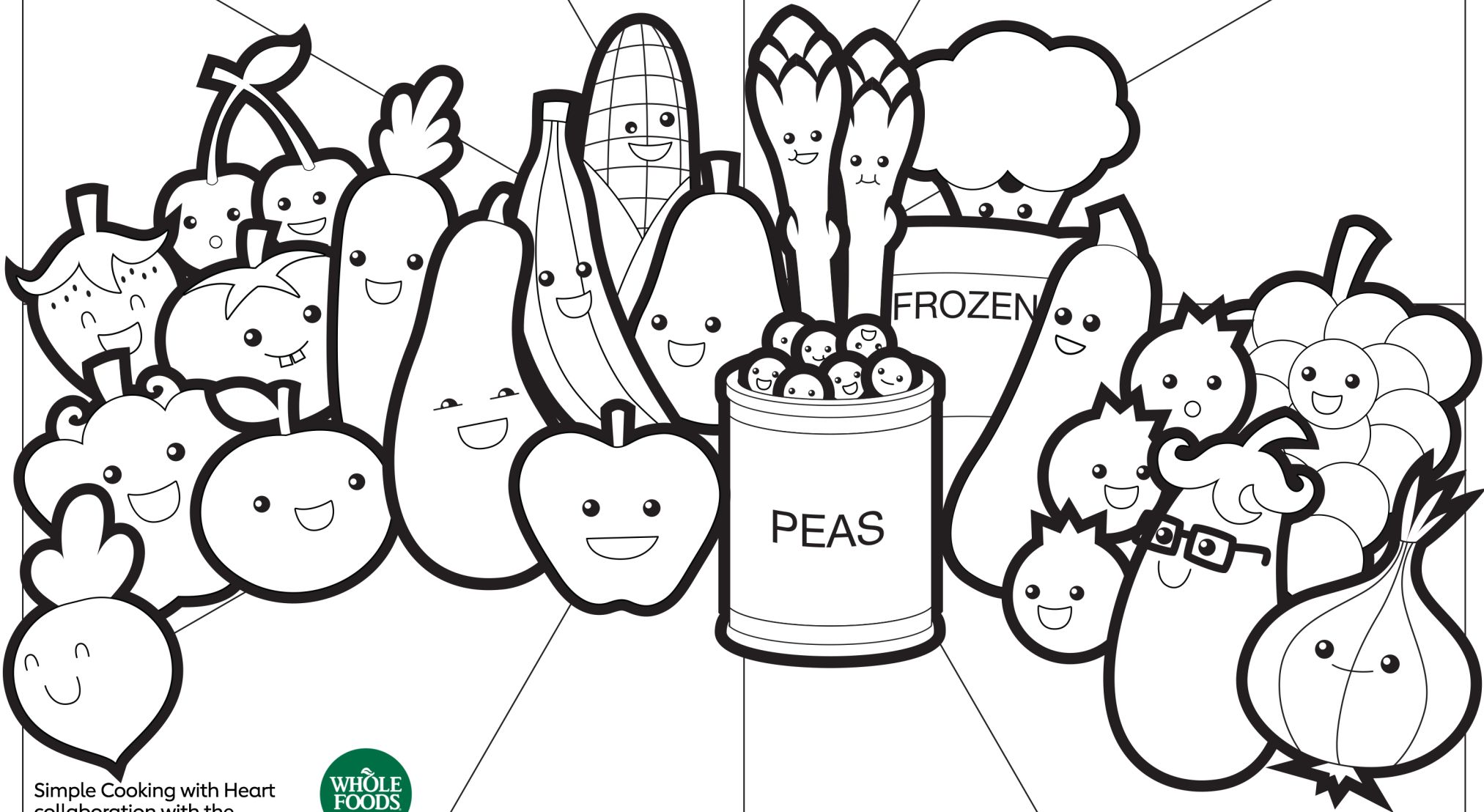
# *The Edible Rainbow*

*Eat plenty of colorful fruits and veggies  
to help keep your heart healthy!*



American Heart Association®

Life Is Why We Give™



Simple Cooking with Heart  
collaboration with the  
American Heart Association.



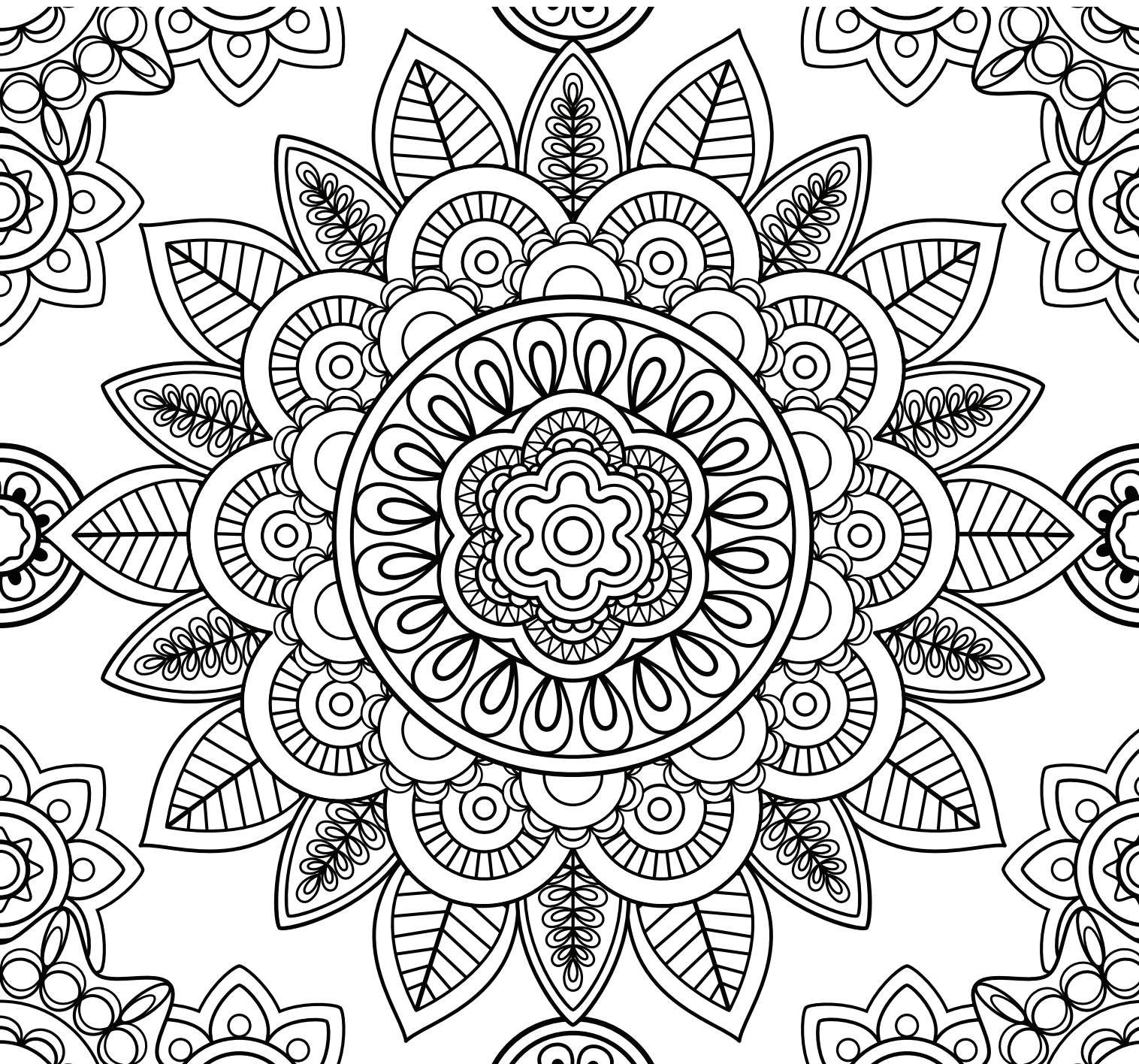
# HEALTHY FOR GOOD BINGO

EAT SMART	ADD COLOR	DO SOMETHING HEALTHY	MOVE MORE	BE WELL
TRADE WHITE BREAD FOR WHOLE GRAIN	TRY A NEW FRUIT OR VEGGIE	BAKE OR SAUTÉ YOUR DINNER	TAKE A 10-MINUTE WALK	GO TO SLEEP EARLY TONIGHT
COOK WITH A HEALTHY OIL	SNACK ON AN APPLE	TAKE VEGGIES TO WORK	GO #HEARTWALKING AND POST ABOUT IT	BREATHE DEEPLY
EAT HALF NOW, TAKE HALF HOME	TRADE YOUR FRIES FOR SOME FRUIT	SIGN UP FOR HEALTH HACKS	TAKE A DANCE BREAK	PRACTICE MINDFULNESS
SNACK ON A HANDFUL OF NUTS	SNEAK VEGGIES INTO A FAMILY FAVORITE	TRY A FUN GROUP WORKOUT	DO SOME JUMPING JACKS	CONNECT WITH A FRIEND
SWAP SODA FOR WATER	ADD COLOR THREE MEALS IN A ROW	LET YOURSELF LAUGH TODAY	WALK THE DOG	DO SOMETHING JUST FOR YOU

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American Heart Association.  
**Heart Walk.**

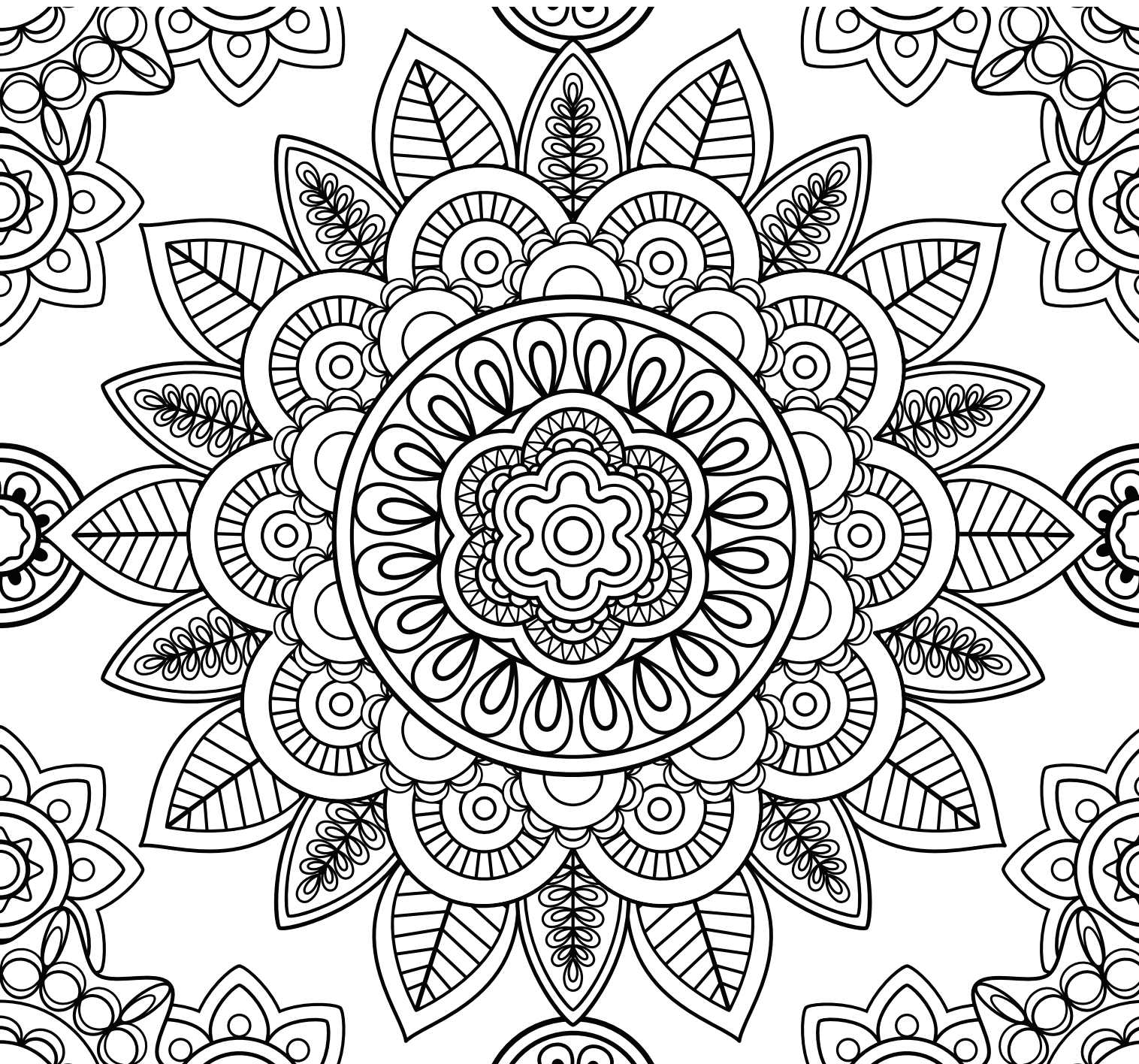
## COLOR ME MINDFUL

Keep this in Mind: Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Relieve stress, practice your mindfulness, and discover your creative side as you unplug and slow down by filling our design with color.

No matter your age, practicing mindfulness and meditation techniques, like coloring, may help you manage stress and high blood pressure, sleep better, feel more balanced and connected, and even lower your risk of heart disease.

Meditation and mindfulness are practices — often using breathing, quiet contemplation or sustained focus on something, such as an image, phrase or sound — that help you let go of stress and feel more calm and peaceful. Think of it as a mini-vacation from the stress in your life!



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