



Be Heart Smart

Additional Resources

American Heart Association:

<https://www.heart.org/>

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

<https://www.heart.org/en/healthy-living/fitness/getting-active/10-minute-home-workout>

<https://www.heart.org/en/healthy-living/fitness/getting-active/daily-tips-to-help-keep-your-family-active>

<https://www.heart.org/en/healthy-living/fitness/staying-motivated/hate-exercise-5-steps-to-loving-exercise>

<https://www.heart.org/en/healthy-living/fitness/staying-motivated/stretch-for-exercise-and-flexibility>

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>

<https://www.heart.org/en/healthy-living/fitness/getting-active/no-time-for-exercise-here-are-7-easy-ways-to-move-more>

MyPlate:

<https://www.myplate.gov/>

<https://www.myplate.gov/eat-healthy/what-is-myplate>

Common Threads:

<https://www.commonthreads.org/>

<https://www.commonthreads.org/recipes/>

Other:

<https://www.acefitness.org/education-and-resources/lifestyle/blog/5380/8-ways-to-add-more-movement-throughout-your-day/>

<https://www.startstanding.org/how-to-add-more-movement-into-your-day/>

<https://www.everydayhealth.com/fitness/neat-exercises-for-couch-potatoes.aspx>

