



Week Two: Build a Better Life - The 30 Day Habit Challenge

Welcome to the second week of the [*Build a Better Life - The 30 Day Habit Challenge*](#)! During this week you will try to improve your habits.

Habit Challenge Smartsheets Form (Due Friday, October 11th): This form is to help you track your personal habit journey throughout this challenge. The questions are meant to guide you through self-reflection with your habits as they change.



Hydrate

Keeping the body hydrated is critical for your heart health. A hydrated body helps the heart pump blood through the blood vessels to the muscles more easily. This helps the muscles work efficiently.

Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke.

Stay hydrated BEFORE you start to feel thirsty. When you start to feel thirsty you are already dehydrated. Drinking water before you exercise or go out in the sun is a good first step to staying hydrated.

Information obtained from the [American Heart Association](#)

Processed and Fast Food

Highly-processed foods tend to be low in nutrients and high on empty calories due to the content of refined flours, sodium and sugar. The average American eats more than double their recommended sodium and sugar intake.

How to Avoid Unhealthy Food

- Avoid sodium from the [six most salty foods](#) (bread and rolls, cold cuts and cured meats; pizza; burritos and tacos; soup; sandwiches).
- Read the food labels to avoid excessive added sugars, sodium and fat.
- Meal prep - plan and prepare your meals and snacks ahead of time.
- Don't skip meals! When you are hungry you are more likely to choose an unhealthy food.



Information obtained from the [American Heart Association](#)