










Text Messaging Intervention Promoting Cardiac Health and Combating Loneliness During Social Distancing

To learn more information about each daily topic, including detailed descriptions, please visit: <https://www.uclahealth.org/heart/women/early-cardiovascular-health-outreach-sms-echos>

31 Days Toward a Heart Healthy Lifestyle

Day 1 Join the healthy heart challenge 	Day 2 Get into a healthy routine	Day 3 Motivation for better health	Day 4 Kick start your heart rate 	Day 5 Combating of loneliness	Day 6 Start moving	Day 7 Eat healthy 
Day 8 Manage daily stressors	Day 9 Mindful meditation 	Day 10 Heart health	Day 11 Foods to avoid	Day 12 Family and friend support	Day 13 Community support	Day 14 Running and fitness 
Day 15 Keep a food diary	Day 16 Push ups	Day 17 Environmental stressors	Day 18 Yoga	Day 19 Sleep 	Day 20 Mediterranean Diet	Day 21 Walking
Day 22 Unhealthy outlets	Day 23 Smoking	Day 24 Alcohol	Day 25 Keep active 	Day 26 Give thanks	Day 27 Managing your emotions	Day 28 Dancing 
Day 29 Serving others 	Day 30 Measure your progress and stay on track	Day 31 Make it a lifestyle 