



FEBRUARY IS NATIONAL HEART HEALTH  
MONTH

# Heart Health Challenge 2023

\$10 to join the challenge.

February 1st - March 3rd. Sign up by February 7th

**CHALLENGE: 150 MINUTES OF  
EXERCISE PER WEEK FOR 4 WEEKS**

Participation will receive:

- T-Shirt
- Weekly heart healthy recipes and workouts
- Weekly prize giveaways

Contact [fintess@nwmissouri.edu](mailto:fintess@nwmissouri.edu) for  
any questions

