

Hart Healthy Challenge Grand Finale!

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We have successfully completed our 2017 [Hart Healthy Month](#) and our Hartians all did a phenomenal job of becoming more aware of their day-to-day activities and eating habits.

As was expected, some people were able to do more than others, but the point is to start somewhere, even if that somewhere is contemplation and awareness. The funny thing is... that advice applies to all parts of life! Then the next step is finding one small thing to do differently that you can manage to fit into your life and doing it!

Activities for the month were entered as separate tickets into a lottery pool, with more activities logged equaling more tickets in the lottery. At the end of the month, two names were drawn from a hat to win a \$250 Fitness Toolkit. Our winners were:

- **Dan Beck**, who said he' buy a FitBit activity tracker and gym clothes as part of his fitness toolkit, and
- **Cheryl Calhoun**, who said she might get a personal

trainer with hers.

No matter what they decide to put in their toolkit, **Congratulations** to them both!

Some fun items that other Hartians said they would like in their dream fitness toolkits include:

- Athletic shoes and clothes
- Zumba!
- TRX equipment
- Yoga gear (mat, studio gift card)
- Elliptical or rowing machine
- Swimming accessories (goggles, fins, kickboard)
- Words of encouragement
- Extra time in the day
- A clone ☐



Above is a Grand Finale, in case you're wondering.

So, now that our month long challenge is completed, we challenge our Hartians and all of you to continue to make small changes in your lifestyle. To truly form a new habit, it takes on [average 66 days](#) according to a study in the European Journal of Social Psychology. Depending on the behavior you are trying to change, individual characteristics, and your circumstances, it could take anywhere between 18 and 254 days to ingrain a new habit in your life.

This month was a great start, but think of lifestyle change as a long game. Slow and steady improvements, patience, and time will get you to where you want to be!

Stay tuned to learn which charities HCC is donating to as part of our Hart Healthy Month!

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