

MOVE & NOURISH: A 5K TRAINING PROGRAM FOR HEART HEALTH

MAKE IT A LIFESTYLE

Take small steps to build lasting habits.

Making dietary changes and incorporating physical activity into your lifestyle does not have to be overwhelming – it is about small, sustainable adjustments that become part of your routine overtime. Find activities and foods you genuinely enjoy, so the change feels less like a chore.



SOURCE:

Personify Health Journey: “Eat for Energy”

Visit www.bluecrossvt.org/bewellvt

Consider one small change to your food choices

Research shows us that food choices can impact our heart health. Which small change in your diet do you want to consider carrying forward?

For example, have you considered swapping out a daily serving of processed snacks for a handful of heart-healthy nuts, like almonds or walnuts? This simple adjustment could provide essential omega-3 fatty acids, fiber, and antioxidants that help lower cholesterol and reduce inflammation. Even small dietary shifts, like this one, can have a significant cumulative effect, helping to protect your heart in the long run.

Stay motivated by finding your next event

Registering for a future 5K event is a wonderful way to stay motivated and committed to your training. Having a specific goal gives you purpose, keeps you focused, and creates a deadline that encourages consistency. Check out these organizations to find an event near you.

- [Vermont Corporate Cup & State Agency Race](https://www.vcccsar.org/)
<https://www.vcccsar.org/>
- [RunVermont](https://www.runvermont.org/races) <https://www.runvermont.org/races>
- [Boston Athletic Association](https://www.baa.org/races) <https://www.baa.org/races>
- [Green Mountain Athletic Association](https://gmaa.run/schedule/)
<https://gmaa.run/schedule/>



An Independent Licensee of the Blue Cross and Blue Shield Association.



bluecrossvt.org