



If you had to eat one vegetable for the rest of your life, which one would you pick and why?

Want to eat more fruits and vegetables? Swap out chips for fresh fruit, or add in extra vegetables to simple meals like scrambled eggs, sandwiches or soups.

EAT SMART MOVE MORE BE WELL



What are three things you are grateful for today?

Practicing gratitude can lessen anxious feelings and improve sleep.

EAT SMART MOVE MORE BE WELL



What is your favorite thing to do outside?

Spending time in nature can reduce stress and improve memory.

EAT SMART MOVE MORE BE WELL



What is your favorite holiday?

The American Heart Association has tips to help you stay healthy (and indulge a little too) during the holiday season at heart.org/eatsmart.

EAT SMART MOVE MORE BE WELL



What is the funniest story you have about the person sitting next to you?

Laughter is a great way to manage stress and make us feel good.

EAT SMART MOVE MORE BE WELL



What is your least favorite chore?

Active chores like walking the dog, vacuuming and taking the trash out are all good ways to add physical activity into your day.

EAT SMART MOVE MORE BE WELL



Name a song that makes you get up and dance no matter what!

Staying physically active is linked to lower risk of diseases, stronger bones and muscles and improved mental health.

EAT SMART MOVE MORE BE WELL



If you had an extra hour in your day, what would you do with it?

If you're short on extra time, the American Heart Association has you covered. Check out 5-minute movement breaks, meditations and more at heart.org/movemoretogether.

EAT SMART MOVE MORE BE WELL



If you could have any pet in the whole world, what would it be?

Studies show the mere act of petting a dog helps decrease blood pressure.

EAT SMART MOVE MORE BE WELL



What is your favorite meal?

Spruce up family recipes with healthier swaps like using herbs and spices instead of salt, whole-grain breads and pastas instead of white or baking, grilling or steaming proteins and vegetables instead of frying.

EAT SMART MOVE MORE BE WELL



If your pet could speak, what would they say?

Interacting with a pet suppresses stress hormones and improves feelings of happiness. Learn more about the health benefits of pet companionship at heart.org/pets.

EAT SMART MOVE MORE BE WELL



If you could invite anyone over for dinner, who would you invite?

Frequent meals shared with family or friends increases self-esteem, a sense of well-being and stronger relationships.

EAT SMART MOVE MORE BE WELL