

## October Well-Being Activity – Heart Month

This month's challenge is centered around Heart Month, focusing on making positive changes. We'll start with a short quiz on choosing better fatty food options. We also have education available on the differences between HDL and LDL cholesterol. We will wrap things up with understanding the stages of behavior change and knowing how to set a SMART goal. Upcoming in November, we will have a health and well-being screening where we measure some of these numbers!

### Submit October's Well-Being Challenge:

- Complete the Fatty Food Options Quiz at this link: <https://form.jotform.com/232405493345051>
- Submit your participation on the Well-Being page with your SMART goal and letting us know you finished the quiz.

### Quiz: Choosing Better Fatty Food Options

Our journey begins with a quiz aimed at enhancing your understanding of heart-healthy dietary choices. Fats play a crucial role in our diets, and knowing how to distinguish between the healthier and less healthy options can significantly impact heart health. Test your knowledge by making choices between two fatty food options in this quick quiz.

### Education: HDL and LDL Cholesterol

Understanding cholesterol is pivotal to our heart health journey. Not all cholesterol is the same. High-Density Lipoprotein (HDL) and Low-Density Lipoprotein (LDL) are two types of cholesterol with distinct roles. HDL is often referred to as "good" cholesterol, as it helps remove LDL cholesterol (the "bad" cholesterol) from the bloodstream, reducing the risk of plaque buildup in arteries.

To nurture heart health, it's essential to maintain a balance between HDL and LDL cholesterol levels. A diet rich in fruits, vegetables, and healthy fats can raise HDL levels, while minimizing saturated and trans fats can help lower LDL levels. To learn more, [click here!](#)

### Exploring the Stages of Behavior Change

The journey to better heart health often involves behavioral changes. Recognizing where you are in your path to change is vital. The stages include Precontemplation, Contemplation, Preparation, Action, and Maintenance. Are you contemplating healthier eating habits or taking action to increase physical activity? Recognizing your stage of change can guide you in setting realistic goals and navigating potential challenges on your journey to better heart health.

Learn more about the stages of change and techniques for each stage here: <https://medicine.ltu.edu/academics/resources/stages-change-model>

### Setting SMART Goals

Last but not least, we explore the concept of SMART goals - Specific, Measurable, Achievable, Relevant, and Time-bound. Setting SMART goals provides a structured approach to behavioral change. For example, a SMART goal might be: "I will walk for 30 minutes every day after dinner for the next month to improve my heart health."

By making your goals specific and measurable, you can track your progress. Ensuring they are achievable and relevant makes them realistic and meaningful. Adding a time-bound aspect provides motivation and accountability. Remember, every positive choice you make contributes to the well-being of your heart, ensuring it beats strong for years to come. Even if it is a small goal, progress is much more important than perfection. If you need help with setting goals or behavior change, reach out to Andy Saul to learn about our Health Coaching program!