

2026

CLS HEALTH
HEART SMART
CHALLENGE

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Reflect on how your heart health affects the people in your life.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Learn how Move, Meals, and Mindfulness support heart health.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Ask a family member if heart disease runs in your family.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Stress less! Try mindful breathing and meditation for 10 minutes.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Add an extra fruit or veggie to each meal today.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Wear red for National Wear Red® Day!	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Learn about common risk factors for heart disease.
<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Choose a new herb or spice to try instead of salt.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness March in place while watching TV to get your heart pumping.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Swap sugary drinks for water or unsweetened tea.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Cook a heart-healthy meal with family tonight.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Schedule an appointment to get your cholesterol checked.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Learn what a healthy weight means for your heart.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Happy Valentine's Day! Take a moment for self-care.
<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Skip the elevator and take the stairs today.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Plan heart-healthy meals for the week ahead.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Learn how to check your blood pressure at home.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Laughter is good for the heart. Share a funny video or joke.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Take a 15-minute meditation break.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Swap the sugary sweets for a piece of fruit.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Talk with your doctor about your blood pressure.
<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Take a 10-20 minute walk during lunch. Invite a coworker to join!	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Practice deep breathing for 2-3 minutes.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Talk with family about shared health habits.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Set a reminder to get up and move a few steps each hour.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Make today a salt-free day. Use herbs for flavor instead of salt.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness Aim for 7-9 hours of sleep tonight.	<input type="checkbox"/> Move <input type="checkbox"/> Meal <input type="checkbox"/> Mindfulness You did it! Celebrate all your heart-healthy wins this month.

Heart health shows up in the small things we do each day. The CLS Health Heart Smart Challenge focuses on three simple daily habits—Movement, Meals, and Mindfulness—that support heart health while fitting into everyday life. **Use this calendar throughout February to follow along and track your progress!**



Houston's Trusted Heart Health Specialists

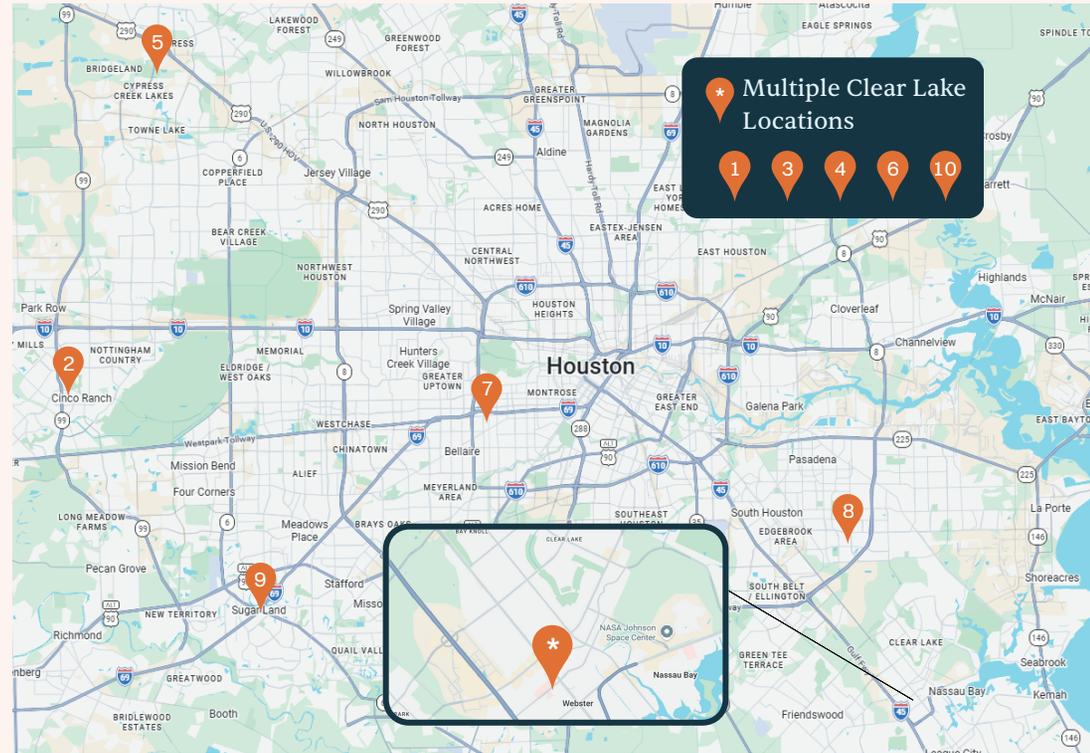
CLS Health cardiologists and vascular surgeons bring advanced expertise and a distinctly personal approach to every patient.

With clinics throughout Greater Houston, our heart specialists provide comprehensive cardiovascular care—from preventive screenings and risk assessments to managing hypertension, coronary artery disease, arrhythmias, and other complex conditions.



Take the next step for your heart. Scan the QR code or call to book an appointment with a CLS Health cardiologist near you.

(281) 724-1860



CLS Health Cardiology & Vascular Surgery

1. Electrophysiology Associates - Clear Lake
905 W. Medical Center Blvd., Ste. 105
Houston, TX 77598
2. Cardiology Associates - Cinco Ranch
23501 Cinco Ranch Blvd., Ste. G205
Katy, TX 77494
3. Cardiology Associates - Clear Lake
905 W. Medical Center Blvd. Ste. 103
Houston, TX 77598
4. Cardiology Associates - Clear Lake
905 W. Medical Center Blvd. Ste. 104
Houston, TX 77598
5. Cardiology Associates - Cypress
9645 Barker Cypress Rd., Ste. 100
Cypress, TX 77433
6. Southeast Houston Cardiology - Clear Lake
530 Orchard St.
Webster, TX 77598
7. Cardiology Associates - Houston Galleria
4615 SW. Freeway Service Rd., 10th Floor
Houston, TX 77027
8. Southeast Houston Cardiology - Pasadena
5010 Crenshaw Rd., Ste. 110
Pasadena, TX 77505
9. Cardiology Associates - Sugar Land
14100 Southwest Fwy.
Sugar Land, TX 77478
10. Cardiology Associates - Clear Lake Texas Avenue
17051 N. Texas Ave.
Webster, TX 77598