



Build health habits that last

Inspiration cards for everyday motivation



Each card offers a practical strategy to help you care for your heart and brain health. Take small steps, stay consistent, and celebrate your progress along the way as you build habits that truly stick.

Use them as prompts – read them aloud, print and display them on your fridge or mirror, or keep them handy for a quick boost of motivation.



Start with **one** change

Start small and stay consistent. Simple steps lead to lasting results.



Make it part of your **routine**

Build habits into your day, like stretching after brushing your teeth.



Talk about your health

Open up about your health. Sharing helps you feel supported and informed.



Set yourself up for **success**

Make healthy choices easy by keeping things like water nearby and shoes ready for movement.



Shift your mindset

See possibilities, not obstacles. Be kind to yourself and embrace new opportunities.



Take a **pause**, not a quit

*Missed a few days?
Reset and keep going.
Progress over perfection.*



Track your wins

Celebrate your progress. Small wins add up to big results.



Focus on what feels good

*Choose habits that make you feel your best.
Repeat what brings you energy and joy.*



Find your **accountability** buddy

Healthy habits are easier to build with a partner.



Remember your **why**

Remind yourself why you started. Purpose keeps you going when motivation fades.

Discover more tips and support for building healthy habits for heart and brain health at heartandstroke.ca/healthy-living.



**Heart
&Stroke**™

