



# Healthy Hearts Missoula 2025



Natura Health and Wellness Clinic is excited to partner with amazing local businesses to celebrate American Heart Month and encourage you to take care of your heart.

The goal is to complete one activity each day during February to support your health. For every 9 days you complete a heart-healthy activity, you can get entered into a contest to win amazing prizes. A list of activities is on the back of this sheet. Record which activity you did on each day on the sheet.

**To enter the contest, return this completed sheet to Natura Health and Wellness Clinic. Show this to front desk staff and receive one entry form for every 9 days you complete an activity.**

## **Over \$1100 Worth of Prizes:**

- Free Immune Supplement Pack and B12 Injections (Natura Health and Wellness Clinic)
- Free 1-hour Alexander Technique lesson (Discover Ease in Movement, Mari Hodges)
- Free Pack of 3 TMJ Massage Treatments (Misty Ann Massage & Holistic Health Coaching)
- Free 1-Month Membership to OsteoStrong (OsteoStrong Missoula)
- Free Herbal Tea and Golden Milk Powder (Lake Missoula Tea Company)
- Free 4 General Admission Passes (Missoula Butterfly House and Insectarium)
- Free Swag + 1:1 Session with Trainer (Montana Fit)
- Free 5-pack of Group Pilates Classes (Confluence Pilates)
- Free 1 hour Massage / Craniosacral Session (Coherent Touch - Henry Cloud Massage)
- Free X-Rays and Analysis (Life Chiropractic)

## **Contest Rules**

- This contest is open to anyone in the community. Must be 12 years or older to enter and live in Montana or Idaho. Participants do not need to be established patients/clients of Natura Health and Wellness Clinic or any co-sponsors to participate.
- Entries must be received by Friday, March 7, 2025. Winners will be contacted the week of March 10-14, 2025 by phone and/or email.
- Completed days do not need to be sequential. You get credit for whatever you did do, even if you skipped a day or two.
- If you have questions, contact Natura Health and Wellness Clinic at 406-317-1965 or go online at [www.natura.health](http://www.natura.health)

## Heart Healthy Activity Options

These are some ideas of ways you can take care of your heart. Try some or all of them, be creative and come up with others, and repeat the ones you enjoy doing!

- **Exercise for at least 20 minutes** (go to the gym, yoga, at-home workout online, walk around the block or in nature, join a workout class; MontanaFit and Confluence Pilates can help with this)
- **Get your blood pressure checked** (Free blood pressure checks are available at Natura Health and Wellness Clinic throughout February)
- **Try a whole day eating the Mediterranean and/or DASH diet**
- **See your healthcare provider to care for your body** (including Natura Health and Wellness Clinic, Life Chiropractic, and Osteostrong Missoula)
- **Get a Massage** (Misty Ann Massage and Henry Cloud Massage are great options)
- **Try a new kind of herbal tea** (find unique flavors at Lake Missoula Tea Company)
- **Strengthen a Relationship with Family Member or Friend** (phone call, go out to eat, go on a walk, go to the Missoula Butterfly House and Insectarium... the list is endless)
- **Do a random act of kindness for someone**
- **Learn about keeping your heart healthy** (read a blog article on Natura's website, come to an educational presentation, watch an educational YouTube video on heart health)

Record the heart healthy activity you did on the specific day you did it.

Day	Activity	Day	Activity
1		15	
2		16	
3		17	
4		18	
5		19	
6		20	
7		21	
8		22	
9		23	
10		24	
11		25	
12		26	
13		27	
14		28	