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Welcome to the Healthy Heart Olympics 17-Day Challenge

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This February is set to be an exciting month as athletes from around the world compete at the Sochi 2014 Olympic Winter Games. What's more, February marks the start of National Heart Month. It's the perfect time to consider if your heart is as healthy as it could be.

Get inspired by the incredible efforts of the Olympians and challenge yourself—and your family—to take on HealthAhead's very own Healthy Heart Olympics 17-Day Challenge. We've talked to over a dozen Olympic athletes to get the inside scoop on what they do to stay healthy—from eating a high-protein breakfast to interval training to meditating away their stress.

Using tips from Olympians and information from major health organizations, such as the American Heart Association, we've created 17 healthy-heart challenges to help you eat better, get stronger, and feel more relaxed. From February 7 to February 23, return to HealthAhead every day to tackle a new challenge and make it part of your lifestyle. By the time the closing ceremonies begin, you might just feel like celebrating, too.

Are you ready to start thinking about your heart's health? Consider tackling your first challenge today:

Day 1—Create Your Own Opening Ceremonies with Heart Healthy Snacks

And if you need any extra inspiration, four of the athletes we interviewed are on their way to the 2014 Winter Olympic Games in Sochi. We invite readers to cheer them on:

Erin Hamlin, US Olympic Team, Luge

Jamie Greubel, US Olympic Team, Bobsled

Nick Baumgartner, US Olympic Team, Snowboardcross

Angeli VanLaanen, US Olympic Team, Ski Halfpipe

Best of luck to these amazing athletes!

Looking for more? Check out these Healthy Heart Challenges:

Day 1
Day 2
Day 3

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Do Diet and Exercise Affect Your Metabolism?


Recipes for One
This recipe for Stuffed Peppers is a great way to use up leftovers! It can be easily adapted for the ingredients you have on hand.

Day 4
Day 5
Day 6
Day 7
Day 8
Day 9
Day 10
Day 11
Day 12
Day 13
Day 14
Day 15
Day 16
Day 17

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