Grab a partner to help your heart beat stronger

Together is better

Working on health goals works better as a team. It's the perfect time to grab a pal (or two or three) to reach heart-healthy goals together.
A little help from friends

Strength in numbers
You may have heard about coworkers competing to lose the most weight. Why not launch a “biggest loser” cholesterol challenge at work? Week by week, raise the stakes while lowering your risks. Even if you don’t win the cash prize, you’ll still win the grand prize: a healthier heart.

Double trouble
The Surgeon General recommends 2½ hours of moderate-intensity exercise, like biking or brisk walking, per week.1 You’re all over that. Want to go bigger? Grab a buddy. A new workout partner boosts how much you exercise. And if they’re emotionally supportive, even more.2

Lunch swap
Instead of making heart-healthy meals every day, try a lunch swap with friends. Ted makes turkey chili for the group on Monday, Meg serves curried veggies on Tuesday, Sam does whole-wheat hold-the-meat lasagna on Wednesday and so on. Good company and good food, with less prep.

Nonsmoking buddy
Quitting smoking drops blood pressure immediately. It drops the risk of heart attack within 24 hours. Cuts cholesterol, too.3 That’s huge. But we get it, it’s hard. You’re never alone. Support is everywhere — smoke-free apps, text lines, chat lines, state programs and more — to keep you strong.

Supporting your strong beat.


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