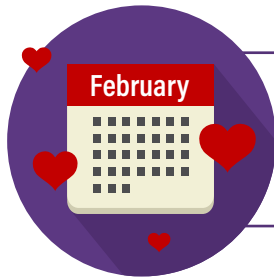


25 Ways To Take Part in Heart Month



Each February, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk factors for developing cardiovascular disease. Although death rates for cardiovascular disease have decreased by more than 70 percent in the last 50 years, more work needs to be done—and you can help!

There are dozens of ways to spread heart health messages during February and beyond. Here are just a few:



Help Share Heart Health Messages

Check out these ideas to honor American Heart Month

- 1 **Take the #MoveWithHeart Pledge** and encourage your friends and family to do so as well.
- 2 **Hold a contest** between members or groups within your organization to see who gets the most #MoveWithHeart pledges.
- 3 **Wear red on the first Friday of February** for National Wear Red Day to raise awareness about heart disease and encourage others to do the same. Use NHLBI's social media materials to including this [sticker](#) to help spread the word.
- 4 **Start a walking club** at work or in your neighborhood.
- 5 **Challenge your organization to participate in a "steps" contest.** Use activity trackers to see which team takes the most steps.
- 6 **Share NHLBI's Heart Month video** on social media or loop it to play in your office's lobby or at your local gym, or play it before your next team meeting to encourage colleagues to #MoveWithHeart.
- 7 **Host a potluck dinner** and encourage everyone to bring a heart healthy dish and copies of the recipe. NHLBI offers a variety of [recipes](#) on its website.
- 8 **Be social.** Use [NHLBI's Heart Month Facebook, Twitter, and Instagram materials](#) to promote Heart Month to your friends and followers.
- 9 **Make heart healthy snacks for the Big Game.** Invite friends over early and play your own game of football.
- 10 **#MoveWithHeart and share a photo or video** on social media. Use the hashtag #MoveWithHeart and tag @TheHeartTruth so we can share all the different ways to get inspired!
- 11 **Blog about it.** Write a blog post about Heart Month, the risk factors of heart disease, and how you are making heart healthy changes in your life.
- 12 **Plan a date** to go on a hike or take a romantic stroll with your loved one on Valentine's Day.
- 13 **Write an article** for your organization's newsletter or the local newspaper about Heart Month and ways to keep your heart healthy. Don't have time? NHLBI has [pre-written articles](#) you can use.
- 14 **Send a press release** to your local paper to promote local Heart Month activities within your community and pitch them stories of how community members are taking steps to beat heart disease.

- 15 **Hold a cookoff** using heart healthy recipes.
- 16 **Post flyers** with heart healthy messages in community and faith-based settings.
- 17 **Create a Pinterest board** with heart healthy recipes and share it with your organization, friends, and family. Make it a public board and encourage others to add their favorite recipes.
- 18 **Ask if you can insert a flyer** with heart health information in grocery bags or prescription bags at your local grocery store or pharmacy.
- 19 **Share NHLBI's slides** as part of a heart health educational presentation, distribute during faith-based services, or show on informational screens such as those in your work cafeteria, local clinic, or anywhere there are screens to share information.
- 20 **Encourage your local representatives to post statistics** about **coronary heart disease in your state** on their social media sites.
- 21 **Ask health care providers to speak to your organization** about ways to prevent heart disease.
- 22 **Host a community event** where families can be active while learning about local health resources.
- 23 **Partner with a local hospital to do heart-related screenings** such as those for blood pressure, blood sugar, cholesterol, and body mass index (BMI).
- 24 **Work with local recreation and fitness centers** to spread the word about the importance of physical activity to prevent heart disease.
- 25 **Use the NHLBI Heart Month Toolkit.** Share the toolkit with your organization's members, your workplace wellness team, and other health advocates to encourage them to champion Heart Month.

