

# American Heart Month Sample Social Media Posts

Share these sample posts on your social media channels to promote American Heart Month in February.

## American Heart Month

You have the power to take action to protect yourself against heart disease. Join @TheHeartTruth this #HeartMonth to spread the word that when we take time daily to be heart-healthy, small acts like adding more moving to our day or choosing healthy foods, can have a big impact on protecting #OurHearts. [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

For #HeartMonth, we’re joining @TheHeartTruth to spread the word that reducing the risk of heart disease is easier when we put #OurHearts into our self-care. [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

Show your heart some love by preparing tasty, nutritious, DASH-friendly meals. The Dietary Approaches to Stop Hypertension is a flexible and balanced eating plan that helps you eat heart-healthy for life. This #HeartMonth, find delicious recipes here: <https://healthyeating.nhlbi.nih.gov/> and share your favorites using #OurHearts!

Studies show that regularly sleeping too little ups the risk of high blood pressure. Following a bedtime routine that allows for 7 to 9 hours of sleep is important for heart health. Share how you’re showing your heart more love this #HeartMonth using #OurHearts. [www.nhlbi.nih.gov/heartmonth](http://www.nhlbi.nih.gov/heartmonth)

Learn how to keep your heart healthy this #HeartMonth. When we understand our risk factors for heart disease, we can take steps to keep #OurHearts healthy. [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

Get heart smart this #HeartMonth! Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level are for you and how they impact your risk of heart disease. If you don’t understand a term or number your healthcare provider uses, ask them to explain it clearly. #OurHearts [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

# National Wear Red Day® Sample Social Media Posts

Share these sample posts on your social media channels to promote National Wear Red Day® on February 3, 2023.

## National Wear Red Day

February 3 is National #WearRedDay! DYK heart disease is the leading cause of death in the U.S.? We’re joining @TheHeartTruth this #HeartMonth to spread the word that when we take time daily to be heart healthy, those small acts help protect #OurHearts. [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

¡Febrero 3 es #DiaLucirPrendasRojas! ¿Sabía que la enfermedad del corazón es una causa principal de muerte en los EEUU? Nos unimos a @TheHeartTruth este #MesDelCorazon para correr la voz que el tomar tiempo todos los días para cuidar nuestros corazones, esos pequeños actos ayudan a proteger #NuestrosCorazones. [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

When we take care of #OurHearts as part of our self-care, we set an example for those around us to do the same. This National #WearRedDay, sport your favorite red clothing and show your heart some love! [www.nhlbi.nih.gov/ourhearts](https://www.nhlbi.nih.gov/ourhearts)

Cuando cuidamos #NuestrosCorazones como parte de nuestro autocuidado, damos ejemplo a las personas cerca de nosotros para que hagan lo mismo. ¡Este #DiaLucirPrendasRojas luzca sus prendas rojas favoritas y demuéstrele amor a su corazón! [www.nhlbi.nih.gov/ourhearts](https://www.nhlbi.nih.gov/ourhearts)

You can help protect your heart against #HeartDisease with self-care, like moving more, eating healthier, managing stress, not smoking/vaping, and getting enough quality sleep. This #WearRedDay, use #OurHearts to share how you’re showing your heart more love! [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

Puede proteger su corazón contra la #EnfermedadDelCorazon con el autocuidado, como moverse más, comer más saludable, manejar el estrés, dejar de fumar/vapear, y dormir lo suficiente. ¡Este #DiaLucirPrendasRojas, use #NuestrosCorazones para compartir como usted le demuestra amor a su corazón! [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

Join us on National #WearRedDay to raise awareness about #HeartDisease, the leading cause of death in the US. Devoting a little time every day to care for yourself can go a long way toward protecting your heart health. #OurHearts #HeartMonth [www.nhlbi.nih.gov/ourhearts](https://www.nhlbi.nih.gov/ourhearts)

Únase a nosotros este #DiaLucirPrendasRojas para crear conciencia sobre la #EnfermedadDelCorazon, la causa principal de muerte en los EEUU. Dedicar un poco de tiempo cada día al autocuidado puede proteger la salud de su corazón. #NuestrosCorazones #MesDelCorazon [www.nhlbi.nih.gov/ourhearts](https://www.nhlbi.nih.gov/ourhearts)

We’re proudly joining @NIH\_NHLBI and @TheHeartTruth for #WearRedDay to support heart disease prevention and encourage you to make heart health a part of your self-care routine in 2023! #OurHearts [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)

¡Con mucho orgullo, nos unimos a @NIH\_NHLBI y @TheHeartTruth este #DiaLucirPrendasRojas para apoyar la prevención de la enfermedad del corazón y los animamos a incorporar la salud del corazón en su rutina del autocuidado en 2023! #NuestrosCorazones [www.nhlbi.nih.gov/heartmonth](https://www.nhlbi.nih.gov/heartmonth)