

**#OurHearts Sample Social Media Posts**

Share these sample posts on your social media channels to promote #OurHearts messages in February for American Heart Month and throughout the year.

## #OurHearts

Use #OurHearts to share how you prioritize your heart health and to see how others are showing their hearts some love, too. When we take care of our hearts as part of our self-care, we set an example for those around us to do the same. [www.nhlbi.nih.gov/ourhearts](http://www.nhlbi.nih.gov/ourhearts)

Devoting some time every day to care for yourself can go a long way toward protecting your heart health. Self-care—like moving more, preparing healthier meals, getting enough quality sleep, and taking a moment to de-stress—helps your heart.
#OurHearts. <https://www.nhlbi.nih.gov/resources/self-care-tips-heart-health>

Take a moment for yourself. Mindful meditation and relaxation techniques can help control stress, which helps keep #OurHearts healthy. <https://www.nhlbi.nih.gov/resources/stress-less-healthier-heart>

You can’t always prevent or avoid stress. But you can change how you respond to it. You may feel better—and have a healthier heart, too! #OurHearts <https://www.nhlbi.nih.gov/resources/stress-less-healthier-heart>

Did you know your body has a relaxation response? It’s when your breathing slows and blood pressure and heart rate decrease. Taking time to de-stress helps protect our minds and #OurHearts. <https://www.nccih.nih.gov/health/relaxation-techniques-what-you-need-to-know>

Self-care for #OurHearts is especially important before and during pregnancy. Physical activity lowers your risk of gestational diabetes, extra pregnancy pounds, & postpartum depression. Talk to your provider about safely moving more. <https://www.nhlbi.nih.gov/resources/self-care-tips-heart-health>

Taking small steps, like adding more physical activity to your day, can reduce your risk for heart disease. At least 150 minutes of exercise for adults every week can help keep #OurHearts healthy. <https://nhlbi.nih.gov/resources/move-more-making-physical-activity-routine>

You can take action to protect yourself against heart disease. Get your friends and loved ones involved, too! Doing something small each day for #OurHearts can be much easier when others join us on the journey. <https://www.nhlbi.nih.gov/education/heart-truth/lets-work-together-prevent-heart-disease>

Understanding risk factors for heart disease and how your individual health impacts that risk are all important for protecting #OurHearts. <https://www.nhlbi.nih.gov/health/heart-healthy-living/risks>

Being heart smart starts with knowing your numbers! Weight, waist size, blood pressure, cholesterol, and blood sugar numbers all matter for #OurHearts. Talk with your healthcare provider. <https://www.nhlbi.nih.gov/health/heart-healthy-living/risks>

Get smart about your heart! It’s easier to be more proactive about protecting #OurHearts and maintaining a heart-healthy lifestyle when we understand our risks for heart disease. Know what your blood pressure is and what your numbers mean for you. <https://www.nhlbi.nih.gov/heart-truth/know-and-control-your-heart-health-numbers>

#OurHearts are healthier when we have important conversations with a healthcare provider. Stay up to date on your doctors’ appointments & medications. Have your blood pressure, blood sugar, & cholesterol levels checked and know what your numbers mean for your risk for heart disease. <https://www.nhlbi.nih.gov/resources/questions-ask-about-your-blood-pressure>

Self-care includes taking care of #OurHearts, especially during stressful times. Try to take time to meditate, go for a walk, prepare some heart-healthy meals, or get a good night’s sleep. #ValentinesDay [www.nhlbi.nih.gov/heartmonth](http://www.nhlbi.nih.gov/heartmonth)

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