

25 Ways To Take Part in Heart Month

#OurHearts
are healthier together

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 for developing heart disease. Taking care of your heart health has never been more important and there's a lot you can do to prevent heart disease. Encourage others to join you. 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 a few:



Help Share Heart Health Messages. Check out these ideas to honor American Heart Month.

- 1 Join the #OurHearts movement** by [sharing on social media](#) how you're working with friends or family to be heart healthy. Encourage your friends and family to do the same. Be sure to use the hashtag!
- 2 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 help spread the word.
- 3 Set up an online support group with friends far and wide** to encourage each other in your goals to manage your weight, eat healthier, quit smoking, or work out.
- 4 Commit to a walking schedule** with a friend or family member, even if you can't walk together.
- 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 play it before your next team meeting to encourage colleagues to work together for a healthier heart.
- 7 Try a new recipe weekly.** Ask friends and family to share their favorite heart-healthy recipe with you. NHLBI offers a variety of [recipes](#) on its website.
- 8 Be social.** Use [NHLBI's Heart Month social media resources](#) to promote Heart Month to your friends and followers.
- 9 Make television watching more active** by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.
- 10 Sign a social support contract** with three family members or friends who also want to lose weight.
- 11 Blog about it.** Write a blog post about Heart Month, the risk factors for heart disease, and how you're making heart-healthy changes in your life.
- 12 Attend an online cooking class** with friends and learn new heart-healthy recipes. Or sign up your kids for one!
- 13 Plan a date** to go on a hike or cook a heart-healthy meal with your loved one on Valentine's Day.



- 14 **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.
- 15 **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 prevent heart disease.
- 16 **Post flyers** with heart-healthy messages at local clinics or pharmacies.
- 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. See [The Heart Truth's® Pinterest board](#) for other ideas you can repin.
- 18 **Ask if you can insert a fact sheet** 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, online educational presentation, distribute during faith-based services, or show on informational screens such as those in local clinics, 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 give a presentation to your organization** about ways to prevent heart disease.
- 22 **Host an online community event** where families can be active and learn about local health resources.
- 23 **Partner with a local hospital to do heart 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 online about the importance of physical activity to prevent heart disease.
- 25 **Use NHLBI's Heart Month materials.** Share the materials with your organization's members, your workplace wellness team, and other health advocates to encourage them to champion Heart Month.

Find graphics, videos, flyers,
and article samples at
nhlbi.nih.gov/heartmonth

