

# 25 Ways To Take Part in American 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 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!



**Help share heart health messages.** Check out these ideas to honor American Heart Month.

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

- 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 as well. Be sure to use the #OurHearts 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 Wear Red Day resources](#) 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 eat healthier, manage your weight, and quit smoking.
- 4 Commit to a walking schedule** with a friend or family member.
- 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 #OurHearts 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 social media materials](#) to help spread the word.
- 9 Make television watching more active** by doing jumping jacks or push-ups during the commercials, or just standing up and stretching. [Find other ways to move more.](#)
- 10 Sign a social support contract** with three family members or friends who also have heart health goals.
- 11 Blog about it.** Write a blog post about American Heart Month, the risk factors for heart disease, and how you're making heart-healthy changes in your life.
- 12 Attend a 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 American 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 or online newsletter to promote local American 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 take-home 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 local healthcare providers to give a presentation to your organization** about ways to prevent heart disease.
- 22 **Host an online or community event** where families can be active and learn about local heart 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 American 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 health.

Find graphics, videos, flyers,  
and article samples at  
[nhlbi.nih.gov/heartmonth](https://nhlbi.nih.gov/heartmonth)

