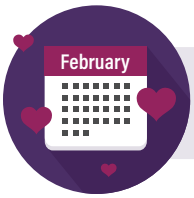
25 Ways
To Take Part in Heart Month

#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. Although death rates for heart 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 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 together with friends or family to be heart healthy. Encourage your friends and family to as well. 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. **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 work together for a healthier heart.

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. **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 are making heart healthy changes in your life.

12. **Hold a cookoff** using heart healthy recipes.

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 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. See **The Heart Truth's Pinterest board** for other ideas you can repin.

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.

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

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 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 NHLBI's Hearth 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.

