

I COMMIT TO HEART HEALTH



I, _____ , on this day, _____ , commit to heart health. I commit to taking measures to keep my heart healthy. I am making the promise to myself to take one step each month towards reducing my risk of heart disease. From this day on, I promise you, heart, that I will take care of you and take every step I can to prevent you from injury and illness. You are my one and only heart and I promise to protect you.

(Signature)

Additional Information

Signs of a Heart Attack

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in cold sweats, nausea or lightheadedness.
5. Women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



Wear Your Red!

February 3rd is
National Wear Red Day!
Wear your red in support of women's heart health. Healthy snacks will be available for everyone to show our commitment in keeping our hearts healthy!

Be sure to dress to impress. We will be taking a picture of everyone in red to submit to the **Wear Red Day Challenge Facebook page** sponsored by the American Heart Association's campaign **Go Red For Women.**

Red Dress Pin



To order your FREE **red dress** pin to support the women's heart health movement, go to <http://email.nhlbihin.net/ProductInfo/56-075N.aspx>.

How To Keep My Heart Healthy

1. **Don't smoke**
2. **Be physically active**

How Much Physical Activity Do I Need?

- 150 minutes of moderate intensity aerobic activity (brisk walking) a week and muscle strengthening activities on 2 or more days.

OR

- 75 minutes of vigorous intensity aerobic activity (jogging, running) and muscle strengthening activities on 2 or more days.



3. **Eat a healthy, well-rounded diet** by getting all of the recommended servings from each food group every day.
4. **Talk your doctor!** They will help you identify any risk factors you may have for heart disease.
5. **Know your numbers!** Know what your cholesterol level is and what your blood pressure is as these are important factors in heart disease.

Better U

Want to become a "better u" in 12 weeks? Join the free online nutrition and fitness program that focuses on a different area of your health each week and provides step-by-step guidance.

To join, go to

www.goredforwomen.org/betteru

Keep an eye out for our new wellness website!

