

IOWA HAS HEART SAMPLE SOCIAL MEDIA POSTS

Heart Health Resolutions - January

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer. Small changes can make a big difference! #IowaHasHeart

Heart Month - February

February is American Heart Month – an opportunity to raise awareness about heart health and the prevention of heart disease. Lifestyle choices have a significant impact on heart health. The Iowa Heart Foundation has a collection of interactive activities that can be utilized to educate youth on heart health. Check them out today!

<https://tinyurl.com/3kh4998u> #IowaHasHeart #HeartMonth

Nutrition Month - March

March is National Nutrition Month - learn about making informed food choices and developing healthful eating and physical activity habits. Choose fruits, vegetables, whole grains, lean meats, and low-fat dairy products and strive for fewer processed foods. #IowaHasHeart #Nutrition

Move More - April

Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. It can be walking, jogging, fitness classes and more! Find what you enjoy and make it a priority to get regular physical activity. #OurHearts #IowaHasHeart

Blood Pressure Month - May

May is High Blood Pressure Education Month! Use tools to help track your numbers, learn tips to accurately measure blood pressure, and take steps to keep your numbers in a healthy range. Inspire others to know and control their blood pressure too! <https://tinyurl.com/3t88ncue> #IowaHasHeart #HighBloodPressureMonth

World Heart Day - September

@WorldHeart Day is an opportunity to unite for heart health. Beating cardiovascular disease is something that matters to every beating heart. #UseHeart #WorldHeartDay #IowaHasHeart #IowaHearts @iowaheartfoundation

Sudden Cardiac Arrest Awareness Month - October

October is Sudden Cardiac Arrest (SCA) Awareness Month. SCA happens when the heart suddenly stops beating. Survival rates greatly improve if more people take action and know what to do. Call 911 - Start CPR - Use an AED. #IowaHasHeart #IowaAEDs @iowaheartfoundation

Find an AED Challenge - October

During the month of October the Iowa Heart Foundation is holding a social media challenge to raise awareness about AEDs and their locations. When an AED is located participants are to take a picture and provide a brief description of its location. <https://tinyurl.com/8jdx6pvv> #IowaHasHeart #IowaAEDs @iowaheartfoundation

Healthcare Team and Caregivers - November

Caregivers are a very important part of the care team. Many feel grateful to be able to care for a loved one who has a health problem. However, caregiving is a complex responsibility, and the stress of being a caregiver can take a toll on your physical and emotional health. Take time to show gratitude for your healthcare team and caregivers.

<https://www.cardiosmart.org/topics/caregivers> #OurHearts #GratefulNovember #IowaHasHeart

Learn Your HealthCare History - December

There are many different risk factors for heart disease. If there is a history in your family, your personal risk of developing heart disease is higher. You can take steps to lower your risk. Knowing your family medical history and meeting with your healthcare team are good first steps. #OurHearts #IowaHearts #KnowYourNumbers

