

JOIN THE #OURHEARTS MOVEMENT

BECAUSE #OURHEARTS ARE BETTER TOGETHER

February is American Heart Month!

To help promote heart health and spread awareness during the month of February, the Office of Safety & Wellness and Office of Community Engagement have teamed up with **Ragged Mountain Running Shop** to give away a pair of shoes (up to \$150) to a lucky ACPS Employee!

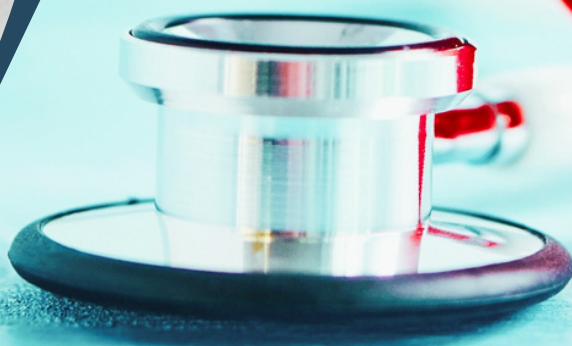
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NOTHING CAN BE
MORE IMPORTANT
IN YOUR LIFE THAN
MAINTAINING GOOD
HEALTH

— ” —

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

To enter, simply post a picture of you or your family doing heart-healthy activities (examples below!) to the **Office of Community Engagement**. Use **#OurHearts** and **#EngageACPS** in your posts and tag **@TheHeartTruth_NHLBI** on Instagram, **@TheHeartTruth** and **@EngageACPS** on Twitter, and **@HeartTruth** on Facebook. You can also submit your entries via **BeWell@k12albemarle.org** if you do not have access to a social media account. The winner will be selected March 1, 2023 by random draw!



**YOU CAN'T POUR
FROM AN EMPTY CUP.**

Prioritizing #OurHearts is an important part of self-care. Every day, take a little time to move more, sleep well, reduce stress, and eat healthy.

Don't forget to tap into our ComPsych Employee Assistance resources, too! Listen to a **podcast** on heart disease risk factors, explore tools in the **Heart Healthy Toolkit** (including exercises to do at your desk, motivation guides and personalized risk assessments), or browse heart healthy **articles**.

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1

Call a friend and join the [#OurHearts](#) movement.



Day 2

Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4

Sport red today for National Wear Red Day.

Day 5

Squat it out. Do 1 minute of squats.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit [Smokefree.gov](#) to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart-healthy recipes](#).



Day 12

Reduce stress using [relaxation techniques](#).



Day 13

Give the elevator a day off and take the stairs.



Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.

Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.

Day 25

Ask a family member or neighbor to join you for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).

