

Public Service Announcements for Heart Health Awareness

FOR USE PRIOR TO FEBRUARY 7, 2014:

1. Heart disease is the number one killer of women in the United States, claiming more lives than all forms of cancer combined. For ten years, the American Heart Association has sponsored National Wear Red Day to raise awareness in the fight against heart disease in women. This year, join in the celebration by wearing red on Friday, February 7th. For more information on women's heart health, visit www.goredforwomen.org. The Love Your Heart Movement is a project of the WVU Extension Service Families and Health Programs.

FOR USE THROUGHOUT THE MONTH OF FEBRUARY:

2. Sweating. Pressure. Nausea. Jaw pain. Believe it or not, these are all symptoms of a heart attack in women. They are also symptoms that women often brush off as the flu, stress or simply feeling under the weather—which could put their lives in jeopardy. Learn the symptoms of a heart attack and don't be afraid to visit a doctor or call 911 if you experience symptoms. Love your heart. To learn symptoms of a heart attack, visit www.hearttruth.gov. The Love Your Heart Movement is a project of the WVU Extension Service Families and Health Programs.
3. Heart disease doesn't care what you wear. It's the number one killer of women. Do you have high blood pressure, high cholesterol, or diabetes? Are you inactive, a smoker, or overweight? If so, this could damage your heart and lead to disability, heart attack, or both. Talk to your doctor to get answers that may save your life. The truth is, it's best to know your risks and to take action now. Love your heart. For more information, visit www.hearttruth.gov. The Love Your Heart Movement is a project of the WVU Extension Service Families and Health Programs.
4. Put your heart into healthy eating. Heart disease is the number one killer of American women. Risk factors such as high blood pressure, high cholesterol, diabetes, and being overweight all increase your personal risk of developing heart disease. A healthy diet can help lower or control these risk factors, so put your heart into healthy eating. Love your heart. For more information, visit www.hearttruth.gov. The Love Your Heart Movement is a project of the WVU Extension Service Families and Health Programs.
5. Put your heart into getting active. Heart disease is the number one killer of American women, and physical inactivity is one of several major risk factors. Choose activities that suit your style and aim for a total of two hours and thirty minutes of moderate-intensity aerobic activity each week – spending at least 10 minutes at a time. Love your heart. For more information, visit www.hearttruth.gov. The Love Your Heart Movement is a project of the WVU Extension Service Families and Health Programs.

2014 Developed by Hannah Fincham from The Heart Truth® PSAs at www.hearttruth.gov.