

Love Your Heart Fun Lunch - Planning Guide

A Fun Lunch is . . .



- Having fun with friends, family members, co-workers, neighbors, and club members
- Enjoying healthy red foods
- Sharing life-saving facts about heart attack symptoms and how to live a heart smart lifestyle
- Celebrating February Heart Health Month

Materials and Equipment:



- Computer, projector, and screen for video
- Paper and pencils
- Plates, utensils, napkins, cups
- Heart Health Word Game – Large flipcharts, dry erase, or chalk board with markers or chalk, timer, word cards
- Handouts:
 - Heart Health Mixer Game
 - Heart Healthy Calendar
 - Healthy Red Foods
 - Risk Handout
 - The Heart Truth
 - Survey

YOU can plan a Fun Lunch. It's easy!

Here's how:

Planning the Fun Lunch:

1. Start talking it up. Tell others you will be planning this. Ask for their ideas of what interests them and what they will do to help.
2. If possible, ask a local healthcare professional or EMT to provide blood pressure, CPR demonstrations, or other free services.
3. Pick a date, time, and place. Be sure there are enough tables, chairs, space for activity, and a quiet spot for blood pressure checks.
4. Get the word out. Adapt the flyer provided in the kit. Use emails, flyer, or other ways of communicating with your group. One effective way is to roll the invitation with a copy of the Waist Poster and tie it up with a 35" pink string and 40" blue string.
5. Read through the basic heart health messages on the handouts.
6. Watch the video options. Choose the one(s) that best fit your audience.
7. Gather materials and equipment. Make copies of handouts. Plan activities to fit your participants' interests and the amount of time available.
8. Decide if you want to give prizes for the activities. Inexpensive ideas include a healthy cookbook, basket of red apples (or other red foods), stress balls, pedometer, herbal teas, colorful shoelaces, a jump rope, a travel toothbrush, Red Dress pin, and exercise video.
9. Send a reminder to:
 - Bring a healthy red food to share. Give them a Healthy Red Foods handout for ideas.
 - Plan to come early for a blood pressure check.
 - And wear red!

Just before the Fun Lunch:

1. Confirm location and check the space and setup (tables, chairs, outlets, screen).
2. Set tables, chairs, and screen for easy discussion and viewing.

Notes . . .



At the Fun Lunch:

1. As they arrive, give them a copy of the Mixer Game and pencil/pen.
2. Welcome everyone. Applaud the winner of the mixer game. Award their prize.
3. Enjoy the covered dish foods.
4. Show the videos. (If you are short on time, you may play them during the meal.)
5. Give out the handout Heart Truth for West Virginians.
6. Talk about it:
 - Were you surprised by any of the facts you heard in the videos?
 - What have you done **today** that will lower your risk for heart attack and stroke?
 - What additional actions or habits could you do to benefit your heart?
 - How would you fill in the blanks for these sentences?
(You may write these on a flipchart.)
 1. I know I need to _____ to have a healthy heart.
 2. I can _____ to have a healthy heart.
 3. I will _____ to have a healthy heart.
7. Play the Word Game.
8. Hand out the Survey and ask each person to complete it before they leave. Give them a copy of the Calendar and ask them to keep it where they will see it every day in February.

After the Fun Lunch:

1. Mail completed Survey and Attendance List to:
Elaine Bowen, 604 Knapp Hall, PO Box 6031,
Morgantown, WV 26506-6031
2. Begin planning next year's Fun Lunch



The Heart Truth is a registered trademark of HHS. Red Dress is a service mark of HHS.

Sponsored by a grant from the Foundation for the National Institutes of Health as part of a public-private partnership with the National Heart, Lung, and Blood Institute to promote *The Heart Truth*[®], the NHLBI's national program for women about heart disease. Funding is provided by individuals and corporations including Home Shopping Network, Diet Coke, Belk Department Stores, and Swarovski.

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service, West Virginia University.