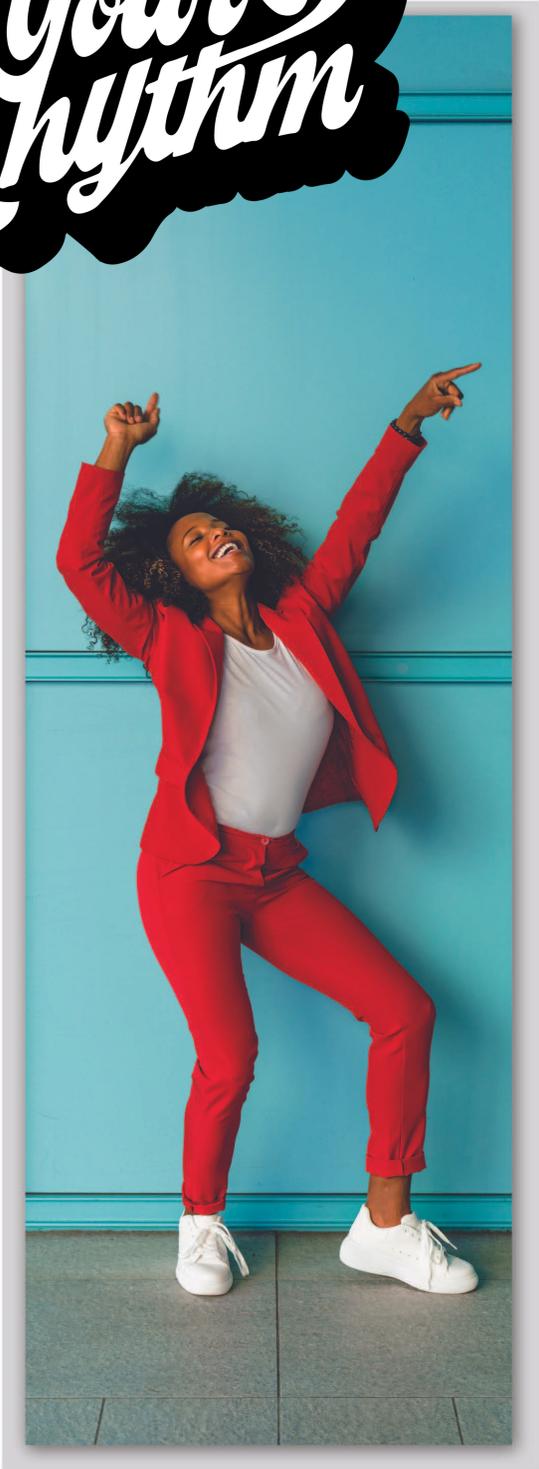


# Reclaim Your Rhythm



American Heart Association.

American Heart Association.



**FEBRUARY 2022**

**28 DAYS. 28 WAYS.**

**LIVE FIERCE. TAKE ACTION.**

**DCGORED.HEART.ORG**

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## FEB 01 | HEART MONTH LAUNCH

Tell us how YOU will rock the **RED** for **#HeartMonth** with a post on your social media page and use **#GoRedDC** or tag us on Instagram & Twitter with **@HeartofGWR**.

## FEB 02 | ONE IS TOO MANY

Cardiovascular disease claims the lives of 1 in 3 women. Join us this February to raise awareness because losing even one woman is not an option. Learn more [HERE](#).

## FEB 03 | SHARE IT!

Share this fact: "Cardiovascular disease is the #1 killer of women" and include [goredforwomen.org](http://goredforwomen.org) on your social media pages to raise awareness for your loved ones.

## FEB 04 | NATIONAL WEAR RED DAY

**WEAR RED** to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do! Click [HERE](#) for more information and get ready to Reclaim Your Rhythm!

## FEB 05 | BRING GOOD VIBES

Music is the universal language that connects us. This month, we are taking over Pandora's Cardio-Dance station with three Reclaim Your Rhythm modes. Check them out on the Pandora app!

## FEB 06 | REDUCE STRESS

Stress can have lasting effects on your health and well-being. Managing stress means managing your health, so reclaim control of your schedule and build in time to invest in a healthier "you". Learn more [HERE](#).

## FEB 07 | RESEARCH GOES RED

Research Goes Red aims to empower women to contribute to health research. Collectively, we can unlock the power of science to find new ways to treat, beat, and prevent heart disease in women. Click [HERE](#) to learn more.

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## FEB 08 | REAL DOCS, REAL TALK

"House Calls: Real Docs, Real Talk": The doctor is in! Join us for answers to your questions. Click [HERE](#) to watch Laxmi Mehta, MD discuss seven simple ways to prevent heart disease.

## FEB 09 | MOVE MORE!

Try this fun dance workout [VIDEO](#) with TV personalities and dancing duo, tWitch & Allison!

## FEB 10 | NFL PLAY 60 BRAIN BREAK

The AHA and the NFL have teamed up to get kids physically active and improve their overall health. Register [HERE](#) and tune in on February 10th at 1 PM ET.

## FEB 11 | #SHOWUSYOURGOOD

Helping and giving back to neighbors, health care workers and others is how we can be powerful during this critical time. Share your good acts on social media & help motivate and encourage others. Click [HERE](#) to help get started.

## FEB 12 | LIVE FIERCE

Do something for YOUR health! The hero in each of us lives fierce. Take control of your well-being. Swap challenge for opportunity and claim what is possible. Click [HERE](#) and start now!

## FEB 13 | SELF-CARE

Self-care isn't selfish. Click [HERE](#) for a few simple ways to carve out more "me time" this Heart Month.

## FEB 14 | HAPPY VALENTINE'S DAY!

Your sweetheart may have the key to your heart, but a proper diet and regular physical activity can be the key to a healthy heart. [HERE](#) is a cute idea for a heart-healthy treat!

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## FEB 15 | MATERNAL HEALTH

Over the last 20 years, severe pregnancy health problems have increased nearly 200% leading to more health issues in the near future and down the road for women. Click [HERE](#) to learn more.

## FEB 16 | TRY A NEW FOOD

Research suggests that variation in your regular diet is important. Click [HERE](#) to learn how to make Bulgogi Korean Beef BBQ!

## FEB 17 | WORKOUT AT HOME

Click [HERE](#) for some moves from Orangetheory Fitness® that'll help jumpstart a healthy day!

## FEB 18 | THANK YOU MOM!

Growing up, your mom watched you with pride & admiration - she still does today. Now you can be the example. [HERE](#) are stories about the small steps you can take together to eat healthy, move more & stress less.

## FEB 19 | SAVE A LIFE & LEARN CPR

We are the world leader in CPR and Emergency Cardiovascular Care training and education. Learn more about hands-only CPR by watching this [VIDEO](#) or for more information on classes, click [HERE](#).

## FEB 20 | WE LOVE OUR PETS

Adopting a dog can be your heart's best friend! Watch this [VIDEO](#) to learn more. Share a photo of your Furry BFF wearing red and tag [#GoRedDC](#)

## FEB 21 | THE 3W'S + VAX

Help reduce the spread of COVID-19 with the 3 W's: Wash your hands with soap & water for at least 20 seconds, Watch your distance - Stay 6 feet apart, Wear a mask and get the Vax! Click [HERE](#) to learn more.

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## FEB 22 | MOVE TO THE MUSIC

Physical activity is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression. Get out and go for a walk!

## FEB 23 | STAY ON BEAT WITH BP

Close to half of American adults have high blood pressure. Of those, about 75% don't have it controlled and many don't even know they have it. Click [HERE](#) to learn more.

## FEB 24 | WORKOUT WITH A FRIEND

Invite your family and friends and get moving together virtually. Share this [LINK](#) for a full-body workout with one of our favorite exercise motivators, Uti Middleton.

## FEB 25 | AT THE HEART OF IT

All patients deserve to be treated with dignity, respect, and the best quality health care, says former U.S. Surgeon General Dr. Regina Benjamin. Hear her insights on health equity with CEO, Nancy Brown - Click [HERE](#)!

## FEB 26 | HEALTHCARE HEROES

We're incredibly grateful for all healthcare workers and researchers for their tireless work & commitment to help save lives during this unprecedented time. Share a post about an exceptional hero you know & tag [#GoRedDC](#)

## FEB 27 | COURAGEOUS CAREGIVERS

You are not alone. Learn from people just like you and you can help others who are going through an emotional time either as a caregiver or someone living with a heart condition or stroke. Click [HERE](#) to sign-up.

## FEB 28 | HOW DID YOU GO RED?

Share your favorite photo, activity or post from Heart Month and tag us [#GoRedDC](#)



American Heart Association.



**FOLLOW US LOCALLY AT:**

**[DCGoRed.heart.org](http://DCGoRed.heart.org)**

**Facebook: @GreaterWashingtonRegionAHA**

**Twitter/Instagram: @HeartofGWR**

**#GoRedDC**

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