

LIVE FIERCE™ Go Red.



FEBRUARY 2021
28 DAYS. 28 WAYS
LIVE FIERCE. GO RED

DCGoRed.heart.org

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#GoRedDC

28 DAYS. 28 WAYS LIVE FIERCE. GO RED



FEB 01 | HEART MONTH LAUNCH

Celebrate Heart Month with American Heart Association CEO, Nancy Brown and Tamron Hall. The launch goes live at 1pm ET click [HERE](#) to watch.

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 | NFL PLAY 60 KIDS DAY

The AHA and the NFL have teamed up to get kids physically active and improve their overall health. Register [HERE](#) and join us on February 3rd at 1pm ET!

FEB 04 | THANKFUL THURSDAY!

Take the opportunity to thank a special woman in your life. Post and tag [#GoRedDC](#) and let us know why you admire them!

FEB 05 | 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 materials to download.

FEB 06 | SHARE IT!

Share This Fact: "Cardiovascular disease is the #1 killer of women" and include goredforwomen.org on your social media pages to raise awareness for your loved ones.

FEB 07 | SELF-CARE DAY

Check out [THIS PAGE](#) to find 3 tips to manage stress and more tips on how to relax for your overall mental well-being!

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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](#) at 12pm ET to tune in - today's topic is Congenital Heart Defects.

FEB 09 | MOVE MORE!

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

FEB 10 | FAMILY WORKOUT

Research shows active parents raise active children - make fitness a fun part of your family's daily routine. Check out some ideas [HERE](#)!

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 | 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.

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

"House Calls: Real Docs, Real Talk": Maternal health is a high priority for AHA, it's member hospitals & health systems. Click [HERE](#) at 12pm ET and tune in to learn more about maternal health and get answers to your questions.

FEB 16 | TRY A NEW FOOD

What do black-eyed pea salad, slow cooker Mexican chicken soup, & apple pear crisp have in common? They are delicious, simple, and quick. Visit [HERE](#) for recipes that are good for your heart and your wallet.

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

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. Click [HERE](#) to learn more.

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FEB 22 | RESEARCH GOES RED

The American Heart Association is collaborating with Project Baseline to help inform more women about the value of participating in research, how to contribute & a new way to "Go Red". Tune in [HERE](#) for a live event at 4:30pm.

FEB 23 | BP KNOW YOUR NUMBERS

Nearly half of American adults have high blood pressure and many don't even know they have it. The first step is to get tested and know your numbers. 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 | BLACK WOMEN ROUNDTABLE

The roundtable will be moderated by Amy Dubois Barnett, VP of Digital for BET and explore health equity and how the COVID-19 pandemic and vaccines relate to the heart health of Black women. Tune in [HERE](#) at 8pm ET.

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 | SHARE YOUR STORY

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](#)



GO RED FOR WOMEN

CAMPAIGN

GREATER WASHINGTON

DCGoRed.heart.org

The American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, is excited to announce its first DC Go Red for Women campaign chair.



Ruth Williams-Brinkley
Regional President
Kaiser Permanente

Williams-Brinkley will lead the 2021 efforts for Go Red, which encourages women to take charge of their heart health and combat the No. 1 and No. 5 killers of American women, heart disease and stroke.

To get involved and for more information, please contact Heidi.Arnold@heart.org or visit DCGoRed.heart.org.

Follow us locally at

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