



## American Heart Association Health and Wellness Calendar Creating a Culture of Health Year Round

### January—New Year. New You.

*The American Heart Association has tools to help you take control of your health and make this your healthiest year ever!*

[My Life Check](#). The 7 simple steps to improve your heart health  
[Healthy for Good](#)  
[Stop Smoking Now](#)

### February—American Heart Month & National Wear Red Day (First Friday in February)

*National Wear Red Day is a day to raise awareness around women and heart disease. Heart disease is the leading cause of death, killing 1 in 3 women. The good news is heart disease is 80% preventable!*

[Go Red For Women Resources](#)  
[Become an Advocate for Health](#)

### March—World Salt Awareness Week—March 16-22, 2016

*Did you know that on average, Americans eat double the amount of recommended sodium? Extra sodium in your diet can lead to high blood pressure, heart disease, stroke, and a host of other issues.*

[Sodium Reduction Resources](#)  
[Take Action Now](#)

### April—National Walking Day (First Wednesday in April)

*Today adults are spending more time at work than ever before. As a nation we are becoming more inactive. Studies show that workers in sedentary roles have an increased risk of developing cardiovascular diseases.*

[National Walking Day Kit](#)

### May—American Stroke Month

*Stroke is the No. 5 cause of death and a leading cause of long-term disability. Did you know the American Heart Association is also the American Stroke Association?*

[The American Stroke Association](#)  
[Spot a Stroke F.A.S.T](#)

### June—CPR & AED Awareness Week: June 1st-7th

*About 90 percent of sudden cardiac arrest victims die before reaching the hospital. Statistics prove that if more people knew CPR, more lives could be saved. Immediate CPR can double, or even triple, a victim's chance of survival.*

[Hands-Only CPR Resources](#)

### July—Cholesterol/High Blood Pressure

*High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. About 80 million U.S. adults have been diagnosed with high blood pressure.*

[High Blood Pressure Resources](#)  
[Cholesterol Resources](#)

### August—Physical Activity Month

*Research has shown that poor diet and lack of exercise are responsible for at least 25% of healthcare costs incurred by working adults. Reducing just one health risk increases employees productivity on the job by 9% and reduces absenteeism by 2%.*

[Physical Activity Center](#)  
[Workplace Health Solutions](#)

### September—National Childhood Obesity Awareness Month

*Overweight children and teens have been found to have risk factors for cardiovascular disease including high cholesterol levels, high blood pressure and Type 2 diabetes.*

[Healthy Kids Resources](#)  
[Sip Smarter—Limit Sugary Beverages](#)

### October—Warning Signs and Support

*Heart attack and stroke are life-and-death emergencies — every second counts. Having a strong support system greatly improves healing outcomes for patients and their loved ones.*

[Know the Signs and Symptoms](#)  
[Support Network](#)

### November—National Eating Healthy Day (First Wednesday in November)

*Take the first step to making healthier food choices by taking part in the American Heart Association's National Eating Healthy Day.*

[National Eating Healthy Day Resources](#)  
[Simple Cooking with Heart Resources](#)

### December—Seasonal Nutrition and Healthy Eating Tips

*Enjoy these smart tips on how to eat healthy no matter what the season! Did you know you can get fresh fruits and veggies all year?*

[Seasonal Eating Resources](#)  
[AHA Healthy Community Food and Beverage Toolkit](#)