



National Wear Red Day

The first Friday in February, wear **RED** in support of women's heart health.

Test your knowledge of heart health by completing the facts below with the words provided.

1 in 3 _____ will develop heart disease.

Boost heart-healthy _____ and eat more _____ and _____.

Get plenty of _____ each week.



Heart disease affects women of all _____.

Heart _____ is the leading cause of death in the U.S.

Stop _____ and lower your _____ intake.

90% of women have one or more risk _____ for developing heart disease.

Changes in _____ and _____ can improve your heart and lower your _____ of heart disease by up to 80%.



National Wear Red Day

The first Friday in February, wear **RED** in support of women's heart health.
Test your knowledge of heart health by completing the facts below with the words provided.

1 in 3 women will develop heart disease.

Boost heart-healthy nutrition and eat more fruits and vegetables.

Get plenty of exercise each week.



Heart disease affects women of all ages.

Heart disease is the leading cause of death in the U.S.

Stop smoking and lower your alcohol intake.

90% of women have one or more risk factors for developing heart disease.

Changes in diet and lifestyle can improve your heart and lower your risk of heart disease by up to 80%.