

Join the Go Red for Women Movement Activation Toolkit

February 2022



Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women.

The Katz Institute for Women's Health partners with the American Heart Association to empower women through education and increased awareness of how to prevent, recognize and treat cardiovascular disease, including stroke. Northwell Health is a proud sponsor of Live Fierce. Go Red in New York City, Long Island and Westchester.

For this year's theme – Be Well, Eat Smart, Move More – here are a few ways that you can Go Red this year:

Wear Red on February 4 and share your pictures on [Facebook](#) using these hashtags #WearRedDay #NorthwellGoesRed and tag [Katz Institute for Women's Health](#).

Be Well

- 1** Schedule time for yourself for a meditation, yoga or Pilates class at the [Center for Wellness and Integrative Medicine](#). Online classes are also available.
- 2** Take five for your heart and [download the first chapter of Heart Smart for Women](#), a six-week road map toward better heart health.
- 3** Be led through guided imagery as a simple relaxation technique and watch [Your Journey to Guided Imagery](#).

Eat Smart

- 4** Have a Heart Healthy Lunch while watching [Heart Healthy Cooking](#). Try their recipe and share your own for others to try at home.
- 5** Read our article on [Healthy Eating For Better Cholesterol](#).
- 6** Keep a food diary. Compare your daily food log to [Eat For Healthy Living](#).

Move More

- 7** The American Heart Association recommends that a person get at least 30 minutes of moderate to vigorous exercise a day at least 5 days a week. Speak with your physician before starting any exercise regime.
- 8** Stand up from your computer, stretch, take the stairs and walk. Any movement counts – dancing, exercise classes, gardening, vacuuming, Zumba, or biking. Schedule daily movement minutes and keep track of your total minutes.
- 9** Set a walking goal. Take pictures of yourself walking. Post your pictures on Facebook and tag the Katz Institute for Women's Health.
- 10** You can save a life! [Learn Hands Only CPR](#) and how to relieve a foreign body airway obstruction (choking).



Join the movement and Go Red with Northwell. Heart disease is the #1 killer of women—and it's time to fight back.

Join us at one of our empowering health events in February to learn how you can lower your risk for heart disease.

 Rise up

Turn over for social media posts.

Go Red for Women Activation Toolkit

February 2022

Follow us on [Facebook](#) and [Twitter](#) throughout the month of February for heart health to help raise awareness and empower yourself and those you love with knowledge on the prevention, recognition and treatment of cardiovascular disease, including stroke.

Join us by copying one or all of the below and posting to your social media channels.

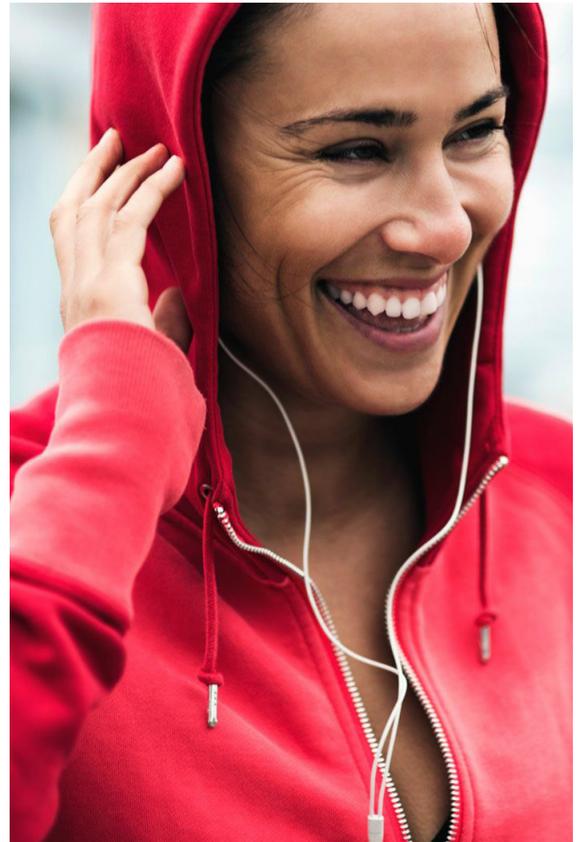
Show your support on Friday, February 4, Wear Red Day:

I Go Red for (insert your reason why). #WearRedDay
#NorthwellGoesRed

Raise awareness with education:

DYK?: Heart disease is the number 1 killer of women in the US. But 80% of risk factors are preventable. Read more from @KatzWomensHlth <https://www.northwell.edu/katz-institute-for-womens-health/articles/heart-problems-claim-lives-1-in-3-women> #KatzGoesRed

Women often put themselves last when it comes to health. Let's end that together with these 8 ways to protect ourselves against heart disease. <https://www.northwell.edu/katz-institute-for-womens-health/articles/dont-let-heart-disease-sneak-up-on-you> #KatzGoesRed



Northwell Health[®]
Katz Institute for
Women's Health

28 Days of Go Red: Heart health facts and tips

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

▶ To learn more or join one of our empowering events visit us at Northwell.edu/gored.

Eat for healthy living

To keep your body working at its best, you need to give it heart healthy fuel. And that means choosing a healthy diet. You don't have to do it all at once or do it perfectly. Making one or two changes at a time, and adding new changes as you become accustomed, can add up and make a big difference in your health.

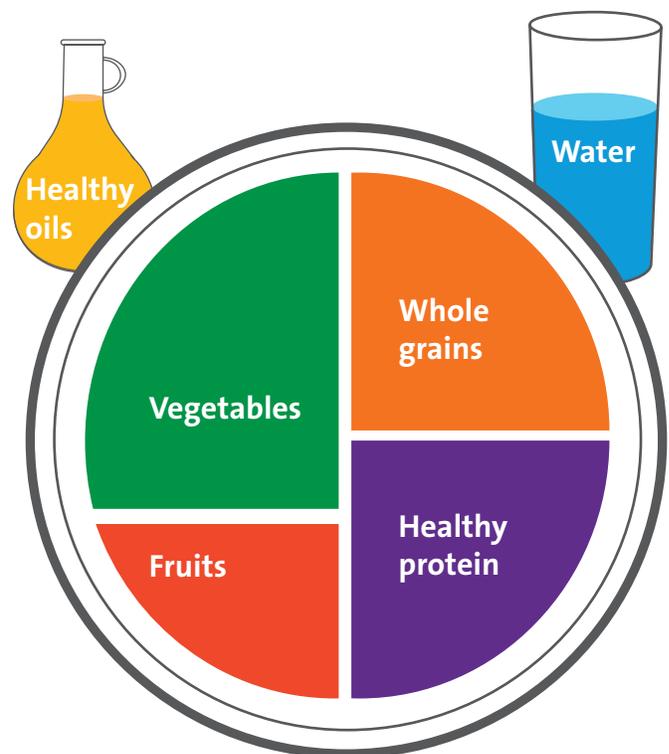
Tips for Healthy Eating

Balance Calories – Find out how many calories you need each day to help manage your weight

- **Enjoy food but eat less:** Take your time to fully enjoy your food as you eat it. Pay attention to hunger and fullness cues before, during and after meals to avoid overeating.
- **Avoid oversized portions:** Use a smaller plates and bowls. When eating out, share a dish or take half of the meal home.

Include vegetables, fruits, whole grains, low-fat dairy products and lean protein.

- **Make half your plate fruits and vegetables:** Choose a variety of colorful fruits and vegetables to include more healthy nutrients with your meals. Buy seasonal fruit and vegetables for maximum flavor at lower cost.
- **Make at least half your grains whole grains:** Substitute a whole grain product for a refined product to include more fiber with your meals. Whole grains help maintain a healthy weight, blood sugar and cholesterol levels among other health benefits.
- **Choose fish twice a week and focus on lean sources of protein, including white meat poultry.** To limit saturated fat, limit red meat and choose leaner cuts. Try omega-3 rich fish, lean meats, beans, tofu; and nuts.
- **Switch to low/fat free milk and dairy:** They are rich in calcium and other nutrients but fewer in calories with less saturated fat than whole milk. If you can't tolerate milk, try unsweetened and calcium non-dairy alternatives.



Foods to eat less often

- **Avoid processed foods:** Reducing processed foods from your diet cuts back on fat, sodium and sugar.
- **Cut back on high sodium foods & condiments:** This includes ketchup, soy sauce, pickled, smoked and cured foods. Choose unsalted or no-salt added products.
- **Drink water instead of sugary drinks:** Many unwanted calories that lack healthy nutrients come from sugary drinks such as soda, energy drinks, coffee drinks and sports beverages. You can cut hundreds of calories by drinking water instead of sugary drinks.



Northwell Health®
Katz Institute for
Women's Health

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10
Minutes
of stretching is like walking the length of a football field



2.5
Hours
of walking every week for a year is like walking across the state of Wyoming



30
Minutes
of singles tennis is like walking a 5K



1
Hour
of dancing every week for a year is like walking from Chicago to Indianapolis



20
Minutes
of vacuuming is like walking one mile

30
Minutes
of grocery shopping every other week for a year is like walking a marathon



FIGHT STRESS WITH HEALTHY HABITS

1. **Slow down.**

Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Snooze more.**

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. **Let worry go.**

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. **Laugh it up.**

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. **Get connected.**

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**

Volunteer your time or spend time helping out a friend. Helping others helps you.

8. **Be active every day.**

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. **Give up the bad habits.**

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood

Live Fierce. Go Red Sponsor

