



**EMPLOYEE HEALTH INITIATIVE:
NATIONAL WEAR RED DAY – AMERICAN HEART ASSOCIATION AWARENESS**



**Friday, February 1, 2008 Is National Wear Red Day!
“Free Red Dress Pins”**

Wear red and stop by the Office of Health Services, Room 2425, (before noon Friday, Feb 1st) and the first 100 people will receive an American Heart Association Red Dress Pin.

National Wear Red Day: February 1, 2008 is a day when Americans nationwide will wear red to show their support for women's heart disease awareness. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin.

Go Red For Women is a movement passionately dedicated to helping women fight back against heart disease, the No. 1 killer of women in America. By putting our passion together with positive action, we can continue to educate other women about their risks and help them find their own personal path to better health for life. Here are some of the many fun and inspiring ways you can join with other women (and care for yourself!) as we work to build a heart-healthier nation. **Go Red!**

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|---------------------------------|--------------------|----------------------------|--------------------|
| Join Go Red For Women | Go | Sign up for Choose To Move | Go |
| Talk to Your Doctor | Go | Cook Heart-Healthy Recipes | Go |
| Celebrate National Wear Red Day | Go | Ask Our Specialists | Go |

Reach for your heart health goals with this [free 12-week physical activity program](#) for women. Track your progress with the Choose To Move "Countdown." Before you take the Heart Checkup, it helps to have as much information readily available as possible. Here are the numbers you need to know: Blood pressure (systolic and diastolic); Height, weight, and waist circumference (in inches); Blood cholesterol levels; Total cholesterol; and Fasting blood glucose (sugar).

Don't know your numbers? Download, print out, and fax the following form to your primary care doctor. [Download](#) - *If you know of a local diagnostic center, fax his or her approval to have your blood test taken.*

What's more, there are many places to get your heart-health numbers:

- Drugstore Clinics, Neighborhood Medical Clinics, Clinical Laboratories, even Home Testing;
- Health Screening: Health screenings are a common place for many individuals to get their numbers. They often occur at community events, or even at work. The American Heart Association also hosts health fairs across the country. Insert your zip code in our zip code finder to find your local American Heart Association office. [Go](#).
- Hospitals: Many hospitals provide low or no cost preventative tests. Check with your local hospital or go to their Web site to learn the dates of their next community screening.

The Go Red Heart Checkup is not intended to be a substitute for your doctor's medical advice or treatment. However, it can help you have a more informed discussion with your doctor about your health goals and, if you have heart disease, your treatment plans. With that in mind, now is a great time to [Take the Go Red Heart CheckUp](#).

[Take the CheckUp](#)



Featured Recipe: Fresh Veggie & Canadian Bacon Pizza with Homemade Crust
Check out this flavor-rich pizza, made with low-fat cheese, lean Canadian bacon, herbs, and fresh vegetables.

[Recipe](#)

Sources for this article: [Go Red for Women](#) and [American Heart Association](#).