

# NATIONAL WEAR RED DAY®

THE FIRST FRIDAY IN FEBRUARY



The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans.



#### **Risk factors for heart disease are:**

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

#### **Heart disease is largely preventable. Here's what you can do now to reduce your risk:**

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

## Show your support and wear red!



National Heart, Lung,  
and Blood Institute



A program of the National  
Institutes of Health