

# 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, especially women.*



#### **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