

FEBRUARY 6, 2026

# NATIONAL WEAR RED DAY

HEART DISEASE AWARENESS BEGINS WITH YOU!

The American Heart Association's Go Red movement was launched in 2004 with the goal of raising awareness and fighting a serious health issue – cardiovascular disease (CVD)

February marks the start of American Heart Month, a national observance focused on raising awareness about heart disease, the leading cause of death in the U.S. Get your group together dressed in red, snap a photo and send it to [worksitewellness@uww.edu](mailto:worksitewellness@uww.edu) to be featured in HR's March Newsletter!

## 6 Tips to Protect You!

- 1. Monitor and control blood pressure
- 2. Get enough sleep
- 3. Eat a healthy diet
- 4. Quit smoking
- 5. Maintain a healthy weight
- 6. Implement regular physical activity

For resources, visit the American Heart Association website ([www.heart.org](http://www.heart.org)) and the Blood Pressure Kiosk in the UC located near the Minneiska Lounge

