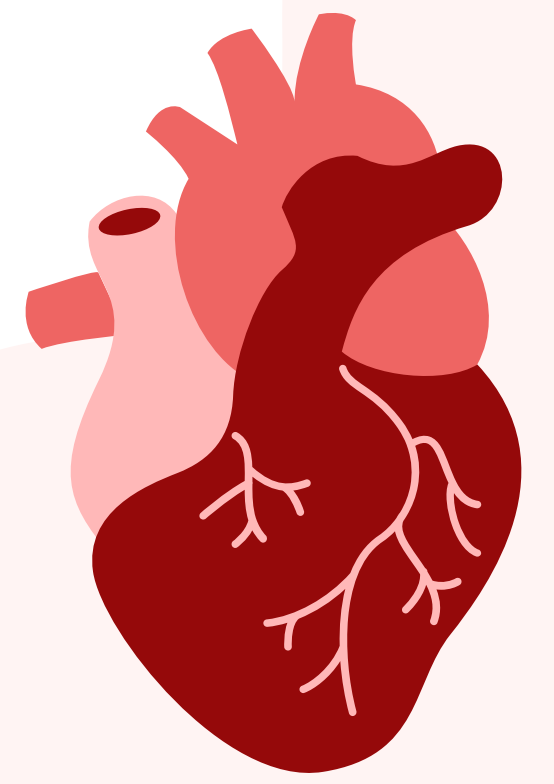


# NATIONAL WEAR RED DAY

FEBRUARY 7, 2025



**Wear Red Day is a day to raise awareness about heart disease. Heart disease has been the leading cause of death for 100 years but can be prevented with education and lifestyle changes**

**Share a picture of your group in red and send it to [worksitewellness@uww.edu](mailto:worksitewellness@uww.edu) to be featured in the March newsletter**



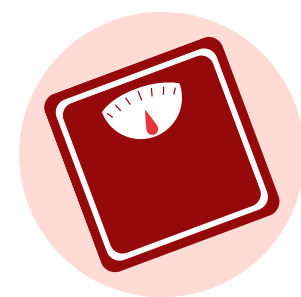
## 6 Tips to Protect Your Heart



**Monitor & control blood pressure**



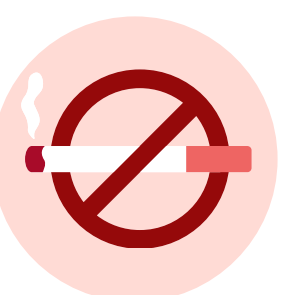
**Eating a healthy diet**



**Maintain A Healthy Weight**



**Get enough sleep**



**Quit smoking**



**Do 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**