



February is Healthy Heart Month

Command Activity Ideas

Eat Healthy: Organize a heart healthy pot luck luncheon and encourage the command to use recipes from: <http://www.nhlbi.nih.gov/health/index.htm#recipes>

Just Move: Coordinate a fun run with other commands and MWR-Fitness. Place signs by elevators that encourage people to use the stairs. For resources, go to: <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/>

Present: Contact your local Health Promotion office or MTF dietitian and ask them to provide a brief on topics related to heart health.

Display: Disseminate prevention messages to command members (e.g., post signs reminding people to get their blood pressure and cholesterol levels checked, eat five fruits and vegetables per day, quit smoking, and avoid exposure to secondhand smoke).

Use pages from these two resources to create an educational display:

[High Blood Cholesterol: What You Need to Know](#)

[Your Guide to Lowering Your Cholesterol with Therapeutic Lifestyle Changes \(TLC\)](#)

- Drop Your Cholesterol with TLC - p. 16
- The TLC Diet: A Heart Healthy Eating Plan - p.19
- Sample Saturated Fat Intakes - p. 22
- Fiber Solutions - p. 28
- Fiber Really Counts - p. 29
- How to Make Heart Healthy Meals - pp. 39-40
- Losing Weight and Gaining Heart Health - pp. 49-50
- How to Lower Your Calories on TLC - p. 50
- Choose the Foods That Help You Lose - pp. 51-52
- A Handy Guide to Calories Burned in Common Activities - p. 46
- Benefits of Regular Physical Activity - p. 42
- Getting Active - p. 44



Screen: Ask your local MTF or Health Promotion office to provide a voluntary morning blood pressure screening for your command.

Quit: Promote a command tobacco free day to promote heart health. Find resources on the Navy and Marine Corps Public Health Center's [Tobacco Free Living](#) page.

Email: Send plan of the day notes, health messages, or fact sheets to command members.

Compete: Start forming your "crew" for the annual Crews Into Shape Challenge in March. To register, go to: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>. The **Crews Into Shape** challenge, held every March in conjunction with National Nutrition Month, is sponsored annually by the Navy and Marine Corps Public Health Center (NMCPHC). The goal is to spark and guide workplace-focused, team-oriented physical activity and improved nutrition.