



NMCPHC HPW Heart Health Social Media

Below are ready-to-use social media messages developed for Facebook, Twitter, and Pinterest in support of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department Heart Health Observance.

Messaging

Post 1:

 Do you know your heart age? That's right, your heart could be younger or older than your actual age! Take the opportunity to learn how healthy your heart is with this fact sheet from @Navy and Marine Corps Public Health Center #HeartHealth. http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_HealthObservance_February_YoungHeart.pdf

 Learn your heart age and more about #HeartHealth with this fact sheet from @NMCPHC #HeartHealth. http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_HealthObservance_February_YoungHeart.pdf

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Post 2:

 Looking for a heart healthy recipe? Start by making sure you know how to prevent heart disease. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Recipe-for-Heart-Disease.pdf>

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Post 3:

 There are many risk factors for heart disease. The @Navy and Marine Corps Public Health Center can help you make the right lifestyle choices for your #HeartHealth. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HeartHealthRiskFactors.pdf>

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Post 4:

 200, 150, 25...Do you know your critical health numbers? Talk to your provider to learn your numbers and understand whether you are at risk. #HeartHealth <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Know-your-Numbers.pdf>

 200, 150, 25...Talk to your provider about your critical numbers for #HeartHealth <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Know-your-Numbers.pdf>

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Post 5:

 In many cases heart disease is preventable. By taking actions now to improve your heart health, you can reduce your risk for developing heart disease as well as other chronic diseases. #HeartHealth <http://www.med.navy.mil/sites/nmcphc/Documents/health->



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



[promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_HealthObservance_Help-Your-Heart.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_HealthObservance_Help-Your-Heart.pdf)



In many cases heart disease is preventable; take action now to improve your heart health and prevent heart disease! #HeartHealth

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