

September 2010

26th

World Heart Day

Get involved in World Heart Day 2010, by organizing activities and asking everyone to say:
"I work with heart"

October 2010

TBC

Share!

What did you do for World Heart Day? Share your experience, activities, pictures and feedback from your employees with us and others through our various social media outlets on Facebook, Twitter, YouTube and our website: www.worldheartday.org

November 2010

14th

World Diabetes Day

What is your daily sugar intake? Run an online survey among your employees and use the results to raise awareness about the risks of diabetes and how it is related to heart disease.

December 2010

TBC

Bad habits

Conduct an online survey on what employees want to change next year (to tie in with January activity).

January 2011

1st

New Year's Resolutions: Know your numbers!

Bring in a healthcare professional to measure blood pressure, cholesterol and glucose levels, waist-to-hip ratio and body mass index (BMI). Highlight individual risks and help develop targeted plans of action to improve employee heart health throughout the year.

February 2011

14th

Valentine's Day

Take advantage of the abundance of heart images featured in the streets to remind your employees that a healthy heart is essential in order to live life to the full. Do you know the facts on CVDs? Have a quiz on healthy tips; winner gets a dinner for two.

March 2011

22nd

World Water Day

Provide water bottles for the office or put up information at the water dispenser and encourage employees to have a "water challenge" drinking at least 1.5 litres every day.

April 2011

28th

World Day for Safety and Health at Work

Hold a healthy workplace seminar or webinar on nutrition and stress at the workplace.

May 2011

31st

World No Tobacco Day

Smoking cessation: Does your business already have a policy and support in place? This is the perfect day for the launch of a new initiative or to remind employees of your businesses' dedication to support them in stopping smoking.

June 2011

5th

World Environment Day

Do something good for the environment and your heart: e.g. leave the car at home and walk to work or take the stairs not the lift.

July 2011

TBC

Sports Day

Get together and organize an office sports day! Brainstorm some fun activities for out or indoors.

August 2011

TBC

Lead up to World Heart Day 2011

A good time to assess your progress over the year and plan how you will get involved in the 2011 campaign.



On **26 September 2010** – 10 years after the first World Heart Day in September 2000 – the World Heart Federation and its members are celebrating World Heart Day. At this 10-year milestone, the World Heart Federation aims to reduce the burden of heart disease and stroke by calling on everyone to take charge of their heart health.

World Heart Day was created to inform people around the globe that heart disease and stroke are the leading causes of death each year. It presents a unique opportunity to mobilize people and raise awareness on the importance of heart health.

The Heart-Health Calendar is designed to provide you with some inspiration on how to engage your employees over the year and mobilize sustainable change within your organization.



www.worldheartday.org

My heart-health calendar