**Suggested Social Media Copy for Healthy Monday’s** [**Heart Health Package**](https://www.mondaycampaigns.org/healthy-monday-for-heart-health?utm_source=package&utm_medium=social&utm_campaign=heart)

**Heart Health Facts:**

Are you over the age of 45? If so, make #HealthyMonday the day to talk to your physician about your cardiovascular risk score to determine if you’re at risk of heart disease. The more you know, the less you have to worry. Learn more: <http://bit.ly/hm-heart-health>

**Know Your Numbers and Risk Factors:**

When it comes to personal health, no one likes surprises. A yearly physical can help your doctor establish a baseline for your vital stats and detect unhealthy trends before they become risk factors for heart disease. Learn more: <http://bit.ly/hearthealthnumbers> #HealthyMonday

**Love Your Veggies:**

One of the fastest and most effective ways to positively impact your personal health is through your diet. Eating more fruits, vegetables, legumes, and whole-grains is the best defense against chronic disease. Learn more: <http://bit.ly/mmhearthealth> #HealthyMonday

**Skip the Meat, Not Your Heart Beat:**

A delicious meal doesn’t require any meat. Finding alternatives to animal-products, especially processed meats and full-fat dairy, can help you reduce your risk of heart disease. Learn more: <http://bit.ly/mmhearthealth> #HealthyMonday

**Be and Stay Active:**

Make physical activity the foundation of your healthy routine by adding in extra steps to your #HealthyMonday, whether that means taking the dog for an extra-long walk or parking farther from the entrance to the grocery store. Every bit counts! Learn more: <http://bit.ly/walkforyourheart>

**Get in a Light Sweat:**

With the right mindset, any activity can be a workout. Get in some exercise by adding more movement to your daily tasks and chores to reduce your risk of heart disease. Get started this #HealthyMonday! Learn more: <http://bit.ly/stayactiveforyourheart>

**Quit Smoking Plan:**

Smoking is a major contributing factor to heart disease. Want to quit smoking for good? Well, you need a plan. By mapping out your quit journey, you’ll be more likely to stay on course and remain committed to your quit. Learn how #HealthyMonday can help: <http://bit.ly/heartquitplan>

**Support for Your Quit:**

Quitting smoking is crucial to reducing your risk of heart disease. A strong support system can help you overcome obstacles and counter cravings. Recruit friends & family to be part of your quit team. They’ll be happy to help. Learn more: <http://bit.ly/quitforyourheartsupport> #HealthyMonday

**Breathe with the Heart:**

Did you know that stress can take a toll on your heart? Carve out moments of calm throughout the day by taking a minute to concentrate on your breathing. Learn more: <http://bit.ly/breatheforyourheart> #HealthyMonday

**Yoga Poses:**

Your mind, body, and soul all impact your physical health and wellbeing. Use yoga to build strength, flexibility, and balance, and to lower your risk of cardiovascular disease. Here’s how you can get started this #HealthyMonday: <http://bit.ly/yogaforhearthealth>