# Cardiovascular Collaborative Toolkit

Heart/Stroke and Diabetes

#1 – Stress

Copy: Stress – it can be difficult to avoid it! Use these tips to fight back and start living a more heart-healthy life!

Hashtags: #SDCardioCollab, #HeartHealthy

Graphic: CC – Tips Stress

Link: https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management

#2 – Blood Pressure

Copy: Systolic, diastolic, one number over another... Figuring out a healthy blood pressure doesn’t have to be confusing. Learn more to see how you measure up!

Hashtags: #SDCardioCollab, #HeartHealthy

Graphic: CC – Healthy BP

Link: https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings

#3 – Quiz

Copy: Think you know the Dos and Don’ts of Fitness? Flex your knowledge with this Quiz.

Hashtags: #SDCardioCollab, #HeartHealthy

Graphic: CC – Fitness Quiz

Link: https://www.webmd.com/fitness-exercise/rm-quiz-fitness-dos-donts
#4 – Exercise
Copy: But, really... Are you getting enough exercise?
Hashtags: #SDCardioCollab, #HeartHealthy
Graphic: CC – Enough Exercise
Link: https://www.cdc.gov/physicalactivity/basics/index.htm

#5 – Heart
Copy: What’s your Heart Score? Find out with Life’s Simple 7.
Hashtags: #SDCardioCollab, #HeartHealthy
Graphic: CC – Tips Healthy Heart Vertical

#6 – Stress
Copy: What’s so important about managing your stress levels? For starters, your health quite literally depends on it.
Hashtags: #SDCardioCollab, #HeartHealthy
Graphic: CC – Limit Stress
Link: https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management
#7 – Exercise
Copy: Physical activity is an important part of a healthy lifestyle. Is your family getting enough exercise?
Hashtags: #SDCardioCollab, #HeartHealthy
Graphic: CC – Family Exercise
Link: https://www.cdc.gov/physicalactivity/basics/index.htm

#8 – Veggies
Copy: Veggies, protein, dairy... How Balanced is Your Plate?
Hashtags: #SDCardioCollab, #HeartHealthy
Graphic: CC – Enough Veggies
Link: www.myplate.gov

#9 – Exercise
Copy: The act of getting up and moving looks different for each age group. What can 10 minutes of exercise do for you?
Hashtags: #SDCardioCollab, #HeartHealthy
Graphic: CC – How Much Exercise
Link: https://www.cdc.gov/physicalactivity/basics/index.htm

#10 – Heart
Copy: Take 7 Small Steps towards a Healthy Heart and see Big Changes.
Hashtags: #SDCardioCollab, #HeartHealthy
Graphic: CC – Tips Healthy Heart (Square)
Link: https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7
#11 – Dairy
Copy: Do you like dairy, but struggle with fruits and vegetables? Combine food groups for nutrition that’s easy and powerful.
Hashtags: #SDCardioCollab, #HeartHealthy

Graphic: CC – Balanced Dairy
Link: https://recipes.heart.org/en/collections/ingredients/dairy

#12 – Salt, Sugar, Fat
Copy: Are your eating habits holding you back? Start replenishing what your body craves by adding some color to your plate! Veggies like carrots or broccoli are a heart healthy side that can complement any meal.
Hashtags: #SDCardioCollab, #HeartHealthy

Graphic: CC – Colorful Meal

#13 – Less Red, More Fish
Copy: Make Tuesday night Fish night! Feed your heart the energy it needs.
Hashtags: #SDCardioCollab, #HeartHealthy

Graphic: CC – Fish Night
VIDEO LIBRARY

FULL VIDEO:
Cardio Cam Full Video
https://youtu.be/2UjoZPd3HS0

Videos on Diet and Motivation:
Cardio Cam Short - Diet and Motivation
https://youtu.be/1KRO2TX5fWE

Cardio Cam - 1 Minute - Diet and Motivation
https://youtu.be/1HrxBZW5scw

Videos on Staying Active:
Cardio Cam Short - Staying Active
https://youtu.be/SsSrDTn87LU

Cardio Cam - 1 Minute - Staying Active
https://youtu.be/F_kA1NSrwe0

Cardio Quizzes:
Cardio Cam - 30 Second Quiz
https://youtu.be/4bala7WXbKg

Cardio Cam - 1 Min Quiz
https://youtu.be/EguKj_uRc44

General Tips:
Cardio Cam - Tips for a Healthy Heart
https://youtu.be/Owx-RnTG9ol

Downloadable mp4’s for all videos:
https://www.dropbox.com/sh/0cbno3fiw0fyv/AACcKssmS0r4YNsj7B5XQV2ua?dl=0