



## 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



CC – Tips Healthy Heart Vertical

Graphic:

Link:

<http://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>

#### #6 – Stress

Copy:

What's so important about managing your stress levels? For starters, your health quite literally depends on it.

Hashtags:

#SDCardioCollab, #HeartHealthy



CC – Limit Stress

Graphic:

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](http://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

Link:

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/how-to-eat-more-fruits-and-vegetables>

### #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

Link:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/meat-poultry-and-fish-picking-healthy-proteins>



## **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/1HrxBZWs5cw>

### **Videos on Staying Active:**

Cardio Cam Short - Staying Active

<https://youtu.be/SsSrDTn87LU>

Cardio Cam - 1 Minute - Staying Active

[https://youtu.be/F\\_kA1NSrwe0](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](https://youtu.be/EguKj_uRc44)

### **General Tips:**

Cardio Cam - Tips for a Healthy Heart

<https://youtu.be/Owx-RnTG9oI>

### **Downloadable mp4's for all videos:**

<https://www.dropbox.com/sh/0cbno3fiw0yfy5v/AACcKssmS0r4YNsj7B5XQV2ua?dl=0>