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**(Neb.)-Wear Red On Friday For Heart Disease Awareness**



By: Roxie Graham-Marski Posted at: 01/31/2013 11:24 AM

(PANHANDLE)-Friday is the perfect day to wear red. The Panhandle Public Health District urges all residents to wear red and help raise awareness that heart disease is the #1 killer of women. Heart disease does not discriminate based on age or gender. Lifestyle, overall health, and genetic factors can all raise a person's risk. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent, according to the American Heart Association.

***Get involved in the "Go Red" movement***

- Individuals can get involved by donning their red attire and choosing healthy habits like quitting tobacco, eating more fruits, veggies, and whole grains, and being active 30 minutes most days of the week.
- Families and friends can support each other with healthy food choices and being active together which is critical to the adoption and maintenance of a healthy lifestyle.
- Worksites can promote the day to their employees and help create environments where the healthy choice, is the easy choice by joining the Panhandle Worksite Wellness Council.
- Communities can blanket local schools, hospitals, and businesses to display heart health signage in storefronts and rally to encourage all residents to adopt healthy lifestyle practices and reduce risk of developing heart disease.

For additional information about the "Go Red" movement, visit [www.goredforwomen.org](http://www.goredforwomen.org), [www.americanheart.org](http://www.americanheart.org), [www.pphd.org](http://www.pphd.org) or call PPHD at 308-487-3600.

\*The purpose of the Panhandle Public Health District is to educate the region it serves about the prevention of

epidemics, spread of contagious diseases, injury, illness and disability. The district is charged with promoting and encouraging healthy behaviors. They promote the quality and accessibility of health services and protection against environmental hazards. Through education, protection and promotion of these issues, the Panhandle Public Health District believes the quality of life of the residents they serve can be greatly improved.