

LOVE  YOUR HEART

2019 Social Media Playbook

#LoveYourHeart #AmaTuCorazon



Love Your Heart 2019 “Elevator Pitch”

Tagline: Join the Heart Health Movement

Love Your Heart is an annual event held around Valentine’s Day in which the County of San Diego and its partners provide free blood pressure screenings to the public and help residents take charge of their heart health.

Love Your Heart is an effort that started with the County of San Diego and has since grown to include healthcare, first responder, higher education, faith-based, city government, non-profit and business partners who provide screening sites across the U.S. and Mexico.

This year’s **Love Your Heart** event will take place on Thursday, February 14, 2019, with some sites offering screenings the weekend prior. Last year the County and its partners performed blood pressure checks on over 36,000 participants across the U.S. and Mexico at nearly 400 sites! This year’s goal is to screen 50,000 participants.

Visit LoveYourHeartSD.org for more information and to find a screening site near you.

Posting to Social Media

Included in this toolkit are sample tweets and posts for use on Twitter, Facebook and Instagram to promote the Love Your Heart event as well as your participation in the event as a partner. Please use the hashtag **#LoveYourHeart** in all posts and feel free to tag us on each platform.

Facebook: [@LiveWellSDVision](https://www.facebook.com/LiveWellSDVision)

Twitter: [@LiveWell_SD](https://twitter.com/LiveWell_SD)

Instagram: [@LiveWell_SD](https://www.instagram.com/LiveWell_SD)

Note that all posts include a website link and/or image. For direct image links, click on the link provided and right click on the Web image to download and save it to your computer. You may then upload the image to your social media channel as an image file rather than including the link to the image in your post.

When including both a link and an image in a Facebook post, download/save the image file to your computer first. Upload the image first and then paste the caption for the post.

For Instagram profiles, you can set up a link in bio. There are many companies that offer free accounts to help you with this, such as: <https://www.linktr.ee>.

Suggested Hashtags

Hashtags should be included within Twitter posts and as a comment on Instagram Posts. Please use **#LoveYourHeart** or **#AmaTuCorazon** within all posts.

Other Suggested Hashtags:

#LiveWellSD

#hearthealth

#lifestyle

#bloodpressure

#hearthealthy

#healthychoices

#knowyournumbers

#healthy

#diet

#heart

#heartdisease

#exercise

#health

#wellness

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
January 7, 2019	<p>Mark your calendar for Feb 14 to get a FREE #bloodpressure screening. #LoveYourHeart #AmaTuCorazon http://bit.ly/16wn5Sz [insert image]</p>	<p>Need a New Year's resolution? How about a healthy heart! Mark your calendar for February 14 to get your FREE blood pressure screening: http://bit.ly/16wn5Sz Be on the lookout for heart health tips and facts leading up to the big day. #LoveYourHeart #AmaTuCorazon [insert image]</p>	<p>Mark your calendar for February 14 to get your FREE blood pressure screening. Be on the lookout for heart health tips and facts leading up to the big day. Link in bio to learn more. #LoveYourHeart #AmaTuCorazon [insert image]</p>	<p>Image: https://bit.ly/2EmMWAz Link: http://bit.ly/16wn5Sz</p>
January 9, 2019	<p>The only way to know if you have high #bloodpressure is to have your blood pressure checked. Understanding your results is key to controlling high blood pressure: http://bit.ly/2lPxrHt [insert image] #LoveYourHeart #AmaTuCorazon #KnowYourNumbers</p>	<p>What do your blood pressure numbers mean? Knowing your numbers is key to controlling high blood pressure. Find out more: http://bit.ly/2lPxrHt #LoveYourHeart #AmaTuCorazon #KnowYourNumbers [insert image]</p>	<p>Can you guess which category these blood pressure numbers fall under? Swipe to find out. Visit the link in bio to learn more about understanding blood pressure readings. #LoveYourHeart #AmaTuCorazon #KnowYourNumbers [insert images]</p>	<p>Image: https://bit.ly/2QRM39T Image 2 (Instagram): https://bit.ly/2PDWauh Link: http://bit.ly/2lPxrHt</p>
January 11, 2019	<p>1 in 3 women will die from #heartdisease. That's approximately 1 woman every minute. #KnowYourNumbers http://bit.ly/16wn5Sz #LoveYourHeart [insert image]</p>	<p>Heart Health Fact: One in three women will die from cardiovascular disease -approximately one woman every minute. Know your numbers: http://bit.ly/16wn5Sz #LoveYourHeart #AmaTuCorazon [insert image]</p>	<p>Fact: One in three women will die from cardiovascular disease. #KnowYourNumbers and join thousands of San Diegans on Feb 14 for #LoveYourHeart [insert image]</p>	<p>Image: https://bit.ly/2BmOZkY Link: http://bit.ly/16wn5Sz</p>
January 12, 2019	<p>Is 130 is too high for blood pressure? Find out how to control your blood pressure: heart.org/hbp #LoveYourHeart #AmaTuCorazon</p>	<p>Your risk for heart trouble or stroke is double at 130 compared to when it's below 120. Visit www.heart.org/hbp to see where you are on the blood pressure category chart. [insert video] #LoveYourHeart #AmaTuCorazon</p>	<p>Is 130 is too high for blood pressure? Find out how to control your blood pressure in the link in bio. #LoveYourHeart #AmaTuCorazon [insert video]</p>	<p>Video: https://bit.ly/2Qx3NqJ Link: heart.org/hbp</p>

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
January 14, 2019	#DYK: 30 min of #exercise each day can reduce #heartdisease risk. Here are 7 easy ways to move more from @American_Heart: https://bit.ly/2OltYFX #LoveYourHeart #AmaTuCorazon [insert image]	Did you know: 30 minutes of exercise each day can reduce cardiovascular disease risk. Here are 7 easy ways to move more from @AHASanDiego: https://bit.ly/2OltYFX #LoveYourHeart #AmaTuCorazon [insert image]	Have fun with your #exercise! 30 minutes of exercise each day can reduce cardiovascular disease risk. Link in bio for 7 easy ways to move more from @AHASanDiego. [insert image] #LoveYourHeart #AmaTuCorazon	Image: https://bit.ly/2LhuKtG Link: https://bit.ly/2OltYFX
January 16, 2019	The only way to know if you have high #bloodpressure is to have your blood pressure checked. Understanding your results is key to controlling high blood pressure: http://bit.ly/2lPxrHt #LoveYourHeart #AmaTuCorazon #KnowYourNumbers [insert image]	What do your blood pressure numbers mean? Knowing your numbers is key to controlling high blood pressure: http://bit.ly/2lPxrHt #LoveYourHeart #AmaTuCorazon #KnowYourNumbers [insert image]	Can you guess which category these blood pressure numbers fall under? Swipe to find out. Visit the link in bio to learn more about understanding blood pressure readings. #LoveYourHeart #AmaTuCorazon #KnowYourNumbers [insert images]	Image: https://bit.ly/2Lk1kuW Image 2 (Instagram): https://bit.ly/2rBXR1V Link: http://bit.ly/2lPxrHt
January 17, 2019	These 4 letters can help you learn how to spot a #stroke - F.A.S.T http://bit.ly/1iaoEWG #LoveYourHeart @American_Heart [insert image]	These 4 letters can help you learn how to spot a stroke - F.A.S.T: http://bit.ly/1iaoEWG #LoveYourHeart #AmaTuCorazon F: Face Drooping A: Arm Weakness S: Speech Difficulty T: Time to Call 911 @AHASanDiego [insert image]	These 4 letters can help you learn how to spot a stroke - F.A.S.T. Link in bio to learn more: http://bit.ly/1iaoEWG #LoveYourHeart @american_heart [insert image]	Image: https://bit.ly/2QPArus Link: http://bit.ly/1iaoEWG

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
January 18, 2019	A #healthy #diet is one of your best weapons for fighting #heartdisease: https://bit.ly/2Azjt6g Eat your fruits & veggies! #LoveYourHeart #AmaTuCorazon [insert image]	A healthy diet is one of your best weapons for fighting cardiovascular disease: https://bit.ly/2Azjt6g Now go eat some fruits & veggies! #LoveYourHeart #AmaTuCorazon [insert image]	A healthy diet is one of your best weapons for fighting cardiovascular disease. Now go eat some fruits & veggies! #LoveYourHeart #AmaTuCorazon [insert image]	Image: https://bit.ly/2Li6WWB Link: https://bit.ly/2Azjt6g
January 19, 2019	Study reveals mild high blood pressure in young adults is linked to heart problems later in life @HarvardHealth: https://bit.ly/2QD8Upu . Get a free BP screening on February 14 to know your rate: http://bit.ly/2ITdyyu [insert image] #LoveYourHeart #AmaTuCorazon	A Harvard health study reveals mild high blood pressure in young adults linked to heart problems later in life: https://bit.ly/2QD8Upu You can check your blood pressure for free at most pharmacy stores – @CVS has a machine in every one of their stores. [insert image] #LoveYourHeart #AmaTuCorazon	A Harvard health study reveals mild high blood pressure in young adults linked to heart problems later in life. You can check your blood pressure for free at most pharmacy stores – @cvsparmacy has a machine in every one of their stores. [insert image] #LoveYourHeart #AmaTuCorazon	Image: https://bit.ly/2Gqx2li Link: https://bit.ly/2QD8Upu
January 21, 2019	#HeartDisease can be prevented: Get a free BP screening on February 14! https://bit.ly/2DCFdfk (note, different link than Facebook post) #LoveYourHeart [insert image]	Heart disease can often be prevented when people make healthy choices and manage their health conditions: https://bit.ly/2vGfvUx Join the Heart Health Movement with a free blood pressure screening on February 14! [insert image] #LoveYourHeart #AmaTuCorazon	#HeartDisease can be prevented: Get a free BP screening on February 14! #LoveYourHeart [Insert image] [No link]	Image: https://bit.ly/2EmMWAz Link: https://bit.ly/2vGfvUx
January 22, 2019	How can knowing your blood pressure numbers help you control high #bloodpressure? Find out: http://bit.ly/2IPxrHt #LoveYourHeart [insert image]	High blood pressure is a symptomless “silent killer” that quietly damages blood vessels and leads to serious health problems. How can knowing your blood pressure numbers help prevent it? Find out: http://bit.ly/2IPxrHt #LoveYourHeart [insert image]	High #bloodpressure aka the “silent killer” is symptomless and quietly damages blood vessels which leads to serious health problems. Knowing your blood pressure numbers can help. Visit the link in bio for more info. #LoveYourHeart [insert image]	Image: https://bit.ly/2CeBDsA Link: http://bit.ly/2IPxrHt

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
January 23, 2019	<p>The only way to know if you have high #bloodpressure is to have your blood pressure checked. Understanding your results is key to controlling high blood pressure: http://bit.ly/2lPxrHt</p> <p>#LoveYourHeart #AmaTuCorazon #KnowYourNumbers [insert image]</p>	<p>What do your blood pressure numbers mean? Knowing your numbers is key to controlling high blood pressure: http://bit.ly/2lPxrHt</p> <p>#LoveYourHeart #AmaTuCorazon #KnowYourNumbers</p> <p>[insert image]</p>	<p>Can you guess which category these blood pressure numbers fall under? Swipe to find out. Visit the link in bio to learn more about understanding blood pressure readings.</p> <p>#LoveYourHeart #AmaTuCorazon #KnowYourNumbers</p> <p>[insert images]</p>	<p>Image: https://bit.ly/2Lh3Ge6</p> <p>Image 2 (Instagram): https://bit.ly/2zZDCzv</p> <p>Link: http://bit.ly/2lPxrHt</p>
January 24, 2019	<p>Smokers have a higher risk of heart disease. Quitting is the best thing for your health.</p> <p>#LoveYourHeart #AmaTuCorazon #QuitSmoking #TobaccoFree</p> <p>[insert image]</p>	<p>Smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.</p> <p>#LoveYourHeart #AmaTuCorazon #QuitSmoking #TobaccoFree</p> <p>[insert image]</p>	<p>Smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.</p> <p>#LoveYourHeart #AmaTuCorazon #QuitSmoking #TobaccoFree</p> <p>[insert image]</p>	<p>Image: https://bit.ly/2QSSnOd</p> <p>Link: No Link</p>
January 25, 2019	<p>Healthy BP reduces the strain on your heart, arteries & kidneys. Get your free BP check on Feb 14 #LoveYourHeart</p> <p>[insert image]</p>	<p>High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which can keep you healthier longer:</p> <p>https://bit.ly/2Nhtc6p</p> <p>#LoveYourHeart #AmaTuCorazon</p> <p>[insert image]</p>	<p>Healthy #bloodpressure reduces the strain on your heart, arteries & kidneys. Get your free BP check on Feb 14 #LoveYourHeart</p> <p>[insert image]</p>	<p>Image: https://bit.ly/2EmMWAz</p> <p>Link: https://bit.ly/2Nhtc6p</p>

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
January 26, 2019	Add some #color to your #diet! The darker the green or brighter the red a food is, the more nutrient dense & heart healthy #LoveYourHeart [insert image]	Add some color to your diet! The darker the green or brighter the red a food is, the more nutrient dense & heart healthy. Learn more tips for preventing heart disease here: http://bit.ly/2uJqflb #LoveYourHeart #AmaTuCorazon [insert image]	Add some #color to your #diet! The darker the green or brighter the red a food is, the more nutrient dense & heart healthy. Link in bio for more tips. [insert image] #LoveYourHeart #AmaTuCorazon	Image: https://bit.ly/2Eukn5b Link: http://bit.ly/2uJqflb
January 28, 2019	80% of heart disease and stroke events can be prevented. Join us 2/14 for #LoveYourHeart http://bit.ly/16wn5Sz [insert image]	80% of heart disease and stroke events can be prevented. Join us for #LoveYourHeart on Feb 14 to check your heart health! Free blood pressure screenings across San Diego County & in Mexico: http://bit.ly/16wn5Sz [insert image]	80% of heart disease and stroke events can be prevented. Join us 2/14 for #LoveYourHeart [insert image]	Image: https://bit.ly/2SPnCHs Link: http://bit.ly/16wn5Sz
January 29, 2019	Preventing gum disease can help prevent heart disease too: http://bit.ly/2ih3cp0 Have you flossed today? #LoveYourHeart	Fun fact: Flossing helps to prevent gum disease which is linked to heart disease prevention: http://bit.ly/2ih3cp0 Happy flossing! #LoveYourHeart #AmaTuCorazon [insert image]	Fun fact: Flossing helps to prevent gum disease which is linked to heart disease prevention. Happy flossing! #LoveYourHeart #AmaTuCorazon [insert link]	Link: http://bit.ly/2ih3cp0 Image: Gif of people flossing (the dance move)
January 30, 2019	The only way to know if you have high #bloodpressure is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure: http://bit.ly/2IPxrHt #LoveYourHeart #AmaTuCorazon [insert image]	What do your blood pressure numbers mean? Knowing your numbers is key to controlling high blood pressure: http://bit.ly/2IPxrHt #LoveYourHeart #AmaTuCorazon [insert image]	Can you guess which category these blood pressure numbers fall under? Swipe to find out. Visit the link in bio to learn more about understanding blood pressure readings. #LoveYourHeart #AmaTuCorazon [insert images]	Image: https://bit.ly/2Li3HOO Image 2 (Instagram): https://bit.ly/2PFRaFw Link: http://bit.ly/2IPxrHt

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
January 31, 2019	<p>Myth or Fact: If high blood pressure runs in your family, there is nothing you can do to prevent it. Find out here: https://bit.ly/2SstztS</p> <p>[insert images]</p> <p>@American_Heart #LoveYourHeart #AmaTuCorazon</p>	<p>Myth or Fact: If blood pressure runs in your family, there is nothing you can do to prevent it. [return 5 times]</p> <p>Myth! Find out more about how to avoid high blood pressure here: https://bit.ly/2SstztS</p> <p>[Insert Images]</p> <p>@AHASanDiego #LoveYourHeart #AmaTuCorazon</p>	<p>Myth or Fact: If high blood pressure runs in your family, there is nothing you can do to prevent it. Visit the link in bio to learn more about preventing high blood pressure.</p> <p>[Insert Images]</p> <p>@american_heart #LoveYourHeart #AmaTuCorazon</p>	<p>Image 1: https://bit.ly/2BieuUv</p> <p>Image 2: https://bit.ly/2A6tWDH</p> <p>Image 3: https://bit.ly/2Gqn2i7</p> <p>Link: https://bit.ly/2SstztS</p>
January 31, 2019	<p>Time to rock your reds because tmrw is @GoRedForWomen day! Make a change for a healthy heart. #LoveYourHeart #SDGoRed [insert image]</p>	<p>Time to rock your reds because tomorrow is @GoRedForWomen day! Make a change for a healthy heart https://bit.ly/1IEKEZJ</p> <p>#LoveYourHeart #AmaTuCorazon #SDGoRed [insert image]</p>	<p>Time to rock your reds because tomorrow is @GoRedForWomen day! Make a change for a healthy heart. #LoveYourHeart #AmaTuCorazon #SDGoRed [insert image]</p>	<p>Image: https://bit.ly/2GfujBh</p> <p>Link: https://bit.ly/1IEKEZJ</p>
February 1, 2019	<p>Did you wear red today for @GoRedForWomen day? Tweet us pics if you did! #LoveYourHeart #SDGoRed</p> <p>[insert image]</p>	<p>Heart disease is still the #1 killer of women. Did you wear red today for @GoRedForWomen day? Tag us in your pics if you did!</p> <p>#LoveYourHeart #AmaTuCorazon #SDGoRed [insert image]</p>	<p>Instagram Story - Share images of people who tag us and wore red</p>	<p>Image: https://bit.ly/2EmMWAz</p> <p>Link: https://bit.ly/1IEKEZJ</p>
February 2, 2019	<p>#LoveYourHeart in February with a free blood pressure check available on 2/14 and the weekend prior at local places of worship. Find out where: http://bit.ly/16wn5Sz [insert image]</p>	<p>Find out where you can get your blood pressure checked for free on February 14 or the weekend prior at a local place of worship: http://bit.ly/16wn5Sz</p> <p>#LoveYourHeart #AmaTuCorazon [insert image]</p>	<p>#LoveYourHeart in February with a free blood pressure check available on 2/14 and the weekend prior at local places of worship. Click the link in bio to find a screening site near you.</p> <p>#AmaTuCorazon [insert image]</p>	<p>Image: https://bit.ly/2EmMWAz</p> <p>Link: http://bit.ly/16wn5Sz</p>

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
February 4, 2019	<p>1 out of 3 #LoveYourHeart participants ages 18 – 24 screened over the last two years had an elevated #bloodpressure. The time for prevention is now! Join the Heart Health Movement on 2/14 with a free #BP screening! http://bit.ly/2ITdyyu</p> <p>[insert image]</p> <p>#LoveYourHeart #AmaTuCorazon</p>	<p>Of the #LoveYourHeart participants ages 18 – 24 screened over the last two years, 1 out of 3 people had an elevated #bloodpressure. The time for prevention is now! Join the Heart Health Movement on 2/14 with a free #BP screening: http://bit.ly/2ITdyyu</p> <p>[insert image] #LoveYourHeart #AmaTuCorazon</p>	<p>Over the last 2 years, 1 in 3 people aged 18 – 24 years old in #SanDiego had elevated blood pressure. The time for prevention is now! Join over 50,000 people on 2/14 and get your blood pressure checked!</p> <p>#LoveYourHeart #AmaTuCorazon</p> <p>[insert image]</p>	<p>Image: https://bit.ly/2QzkPpe</p> <p>Link: http://bit.ly/2ITdyyu</p>
February 5, 2019	<p>90% of Americans consume too much sodium, increasing their risk for high blood pressure which can lead to #heartdisease and #stroke. A low salt diet means more than skipping the salt shaker: https://bit.ly/2zafyJT [insert image]</p> <p>#LoveYourHeart #AmaTuCorazon</p>	<p>Food high in salt (sodium) can increase your blood pressure (shocked emoji). A low sodium diet means more than skipping the salt shaker. Ready why: https://bit.ly/2zafyJT</p> <p>[insert image] #LoveYourHeart #AmaTuCorazon</p>	<p>Food high in salt (sodium) can increase your blood pressure (shocked emoji). Link in bio for the top ten surprising sources of sodium.</p> <p>https://bit.ly/2zafyJT [insert image]</p> <p>#LoveYourHeart #AmaTuCorazon</p>	<p>Image: https://bit.ly/2QSmyFq</p> <p>Link: https://bit.ly/2zafyJT</p>
February 6, 2019	<p>The only way to know if you have high #bloodpressure is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure: http://bit.ly/2IPxrHt [insert image]</p> <p>#LoveYourHeart #AmaTuCorazon</p>	<p>What do your blood pressure numbers mean? Knowing your numbers is key to controlling high blood pressure: http://bit.ly/2IPxrHt</p> <p>#LoveYourHeart #AmaTuCorazon</p> <p>[insert image]</p>	<p>Can you guess which category these blood pressure numbers fall under? Swipe to find out. Visit the link in bio to learn more about understanding blood pressure readings.</p> <p>#LoveYourHeart #AmaTuCorazon</p> <p>[insert images]</p>	<p>Image: https://bit.ly/2LkpBB1</p> <p>Image 2 (Instagram): https://bit.ly/2UK1ujv</p> <p>Link: http://bit.ly/2IPxrHt</p>

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
February 7, 2019	Fact: Heart disease and stroke don't discriminate against age, race or family history. #LoveYourHeart [insert image]	Fact: Heart disease and stroke don't discriminate against age, race or family history. #LoveYourHeart #AmaTuCorazon [insert image]	Fact: Heart disease and stroke don't discriminate against age, race or family history. #LoveYourHeart #AmaTuCorazon [insert image]	Image: https://bit.ly/2GhApB8
February 8, 2019	Join over 50,000 participants for a free blood pressure check on Feb 14! http://bit.ly/2ITdyyu #LoveYourHeart [insert image]	Join thousands of your neighbors for a free blood pressure check on Feb 14! Find a site: http://bit.ly/2ITdyyu #LoveYourHeart #AmaTuCorazon [insert image]	Join over 50,000 participants for a free blood pressure check on Feb 14! http://bit.ly/2ITdyyu #LoveYourHeart #AmaTuCorazon [insert image]	Image: https://bit.ly/2GhFWHI Link: http://bit.ly/2ITdyyu
February 9, 2019	Cardiologists from @ScrippsHealth describe the threat, risks and signs of #heartdisease in women: https://bit.ly/2DZ1NB5 [No Image] #LoveYourHeart #AmaTuCorazon	Fatigue, dizziness, neck or jaw pain and indigestion are symptoms of a heart attack in women. Cardiologists from @ScrippsHealth describe the threat, risks and signs of heart disease in women. [Insert Link] [Use Image that auto-populates with link] https://bit.ly/2DZ1NB5 #LoveYourHeart #AmaTuCorazon	No Instagram Post	Link: https://bit.ly/2DZ1NB5 Image: Use image that auto-populates with link

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
February 10, 2019	Dark chocolate with 70% cocoa or more is good for heart health: https://bit.ly/2vFTt42 #LoveYourHeart [insert image]	Chocolate for your Valentine? Dark chocolate with 70% cocoa or more has been shown to be good for heart health: https://bit.ly/2vFTt42 #LoveYourHeart #AmaTuCorazon [insert image]	Dark chocolate with 70% cocoa or more has been shown to be good for heart health. Pair it with some raw nuts and you have a healthy sweet snack. [insert image] #LoveYourHeart #AmaTuCorazon	Image: https://bit.ly/2ExtNwy Link: https://bit.ly/2vFTt42
February 11, 2019	7 hours of sleep has been shown to be the ideal number for healthy arteries: http://bit.ly/YVAqQ5 #LoveYourHeart [insert image]	Aim for lucky number 7! Seven hours of sleep has been shown to be the ideal number for healthy arteries: http://bit.ly/YVAqQ5 #LoveYourHeart [insert image]	Good sleep has many #health benefits and 7 hours of sleep can help you maintain a healthy #heart. Link in bio for ways to improve your sleep habits. #LoveYourHeart [insert image]	Image: https://bit.ly/2Qvy3Dx Link: http://bit.ly/YVAqQ5
February 12, 2019	Join the Heart Health Movement. 2 days until #LoveYourHeart! Find a free BP site near you: http://bit.ly/2ITdyyu [insert image]	Join the Heart Health Movement. 2 more days until #LoveYourHeart! Find a free blood pressure screening location near you: http://bit.ly/2ITdyyu [insert image]	2 days until #LoveYourHeart! Find a free BP site near you: http://bit.ly/2ITdyyu [insert image]	Image: https://bit.ly/2EmMWAz Link: http://bit.ly/2ITdyyu
February 14, 2019	Join the Heart Health Movement today with a free BP screening! http://bit.ly/2ITdyyu #LoveYourHeart	Join the Heart Health Movement today with a free blood pressure screening at sites across SD County and Mexico! http://bit.ly/2ITdyyu #LoveYourHeart #AmaTuCorazon	Instagram Story on location. Tag us on Instagram @livewell_sd and all posts with #LoveYourHeart	Link: http://bit.ly/2ITdyyu

Suggested Social Media Posts

Date	Twitter	Facebook	Instagram	Link(s) / Image
Extra	<p>Myth or Fact: I feel fine. I don't have to worry about high blood pressure. Find out here: https://bit.ly/2SstztS</p> <p>[Insert Images]</p> <p>@American_Heart #LoveYourHeart #AmaTuCorazon</p>	<p>Myth or Fact: I feel fine. I don't have to worry about high blood pressure.</p> <p>[return 5 times]</p> <p>Myth!</p> <p>[Insert Images]</p> <p>Find out more here: [insert link]</p> <p>@AHASanDiego #LoveYourHeart #AmaTuCorazon</p>	<p>Myth or Fact: I feel fine. I don't have to worry about high blood pressure. Find out here: https://bit.ly/2SstztS</p> <p>[Insert Images]</p> <p>@american_heart #LoveYourHeart #AmaTuCorazon</p>	<p>Image 1: https://bit.ly/2BieuUv</p> <p>Image 2: https://bit.ly/2A6tWDH</p> <p>Image 3: https://bit.ly/2Ey26mu</p> <p>Link: https://bit.ly/2SstztS</p>