

Heart Month - September 2018

Heart Disease is one of Ireland's biggest killers.

Every day, hundreds of Irish people are diagnosed with heart disease.

Every hour someone in Ireland suffers from a stroke.

It shouldn't be this way and we are fighting to change that! We are the nation's heart and stroke charity.

What is Heart Month?

Each September the Irish Heart Foundation runs a public awareness campaign to support Irish people in living a healthier life. This September is no different, and we want you to join us by educating your colleagues, doing a bit of fundraising and having a lot of FUN!

The education campaign will be taking place all month long, but we are encouraging you to organise a day of activity for the **Thursday, 27th September**.

The point of the day is to get everyone up and MOVING!

Musical Chairs could be the highlight of the day, or you might choose to do a Hula Hoop or Skipping Contest! Perhaps Hourly Star Jumps! A team walk in your local area is another simple idea. Getting out of your chair and getting active increases your heart rate and that's good for your health!

With a €5 donation per person, you can raise funds for the life saving work of the Irish Heart Foundation. We will provide you with the buckets and T-Shirts, all you have to do is organise the day's activities.

Tips for success:

- ✓ Don't go it alone, form a committee to increase the fun and get everyone involved. Get planning as soon as you can, decide on your activity and start spreading the word. We will have posters available to help you do this.
- ✓ Get a commitment from leadership to get involved, an opportunity for them to lead by example and encourage participation across the company.
- ✓ Prizes are always fun, everything from a voucher to a day's leave. These can be awarded for last person standing in musical chairs or best dressed in red for the big walk.
- ✓ Be sure to share your activities on social media before, during and after.
- ✓ Be inclusive of all individuals, recognising different levels of ability.

If you want to really challenge you and your colleagues, there are a number of great events taking place in September. Why not sign up a work team in aid of the Irish Heart Foundation and start training now.

September Challenges:

- Kerryway Ultralite – 8 September
- Mourne Mountain Marathon – 15/16 September
- Causeway Coast Marathon – 22 September
- Gaelforce Howth Summit 10km Run – 13 October
- Kerryman Dingle Marathon – 1 September
- Glendalough Park Swim – 8/9 September
- Great Dublin Bike Ride – 23 September
- Hell & Back: Wicklow – 29/30 September
- Kilkenny Medieval Marathon – 15 September
- Dublin Half Marathon – 22 September
- Belfast City Marathon – 23 September
- Lost Sheep Triathlon, Kenmare – 1 September
- Wild2Wild Duathlon Mayo – 29 September

To set up a fundraising page for your team in aid of Irish Heart Foundation please visit <https://nfp.everydayhero.com/ie/irishheartfoundation>

For further information and details email: ehennessy@irishheart.ie