

KICK START YOUR HEART: FEBRUARY IS RED HEART MONTH



The British Heart Foundation's vision is of a world where people do not die prematurely of heart disease. But they need our help. Visit their website to

see what they are up to: www.bhf.or.uk and sign up for an event that will promote a healthy heart. The website is full of useful information and inspiring stories to help you look after your own heart health and support their life-saving work. Together we/you can save the life you love, one click at a time. Here's a few ideas from BHF to jump start your program:

Jump Rope For Heart is an educational fundraising programme for parents and educators designed to help children skip their way to health. This popular programme is recognised as a healthy, fun and challenging aerobic activity that gets children active, while raising money for schools or youth groups and helping fund the fight against heart disease.

Runs and Jogs You can run for BHF at any running event including all the major national and international marathons, half marathons, 10K runs and triathlons. Whether you're looking for a Charity Place or already have your own place, they'd love you to join their team and become a Heart Runner.

Swims Last year 2,500 intrepid swimmers braved the English coastal waters by taking

part in one of the sea-swims. You can join in with this summer's sea-swims - from bay swims in Weymouth and Brighton to a new event, the Big Splash, there's something for everyone. Get to Keighley or Shipley swimming baths and start training for an event to be held this summer.

Cycling BHF has a wide range of bike rides all over the UK, from the legendary London to Brighton Bike Ride to 100 mile mountain bike rides and local family bike rides. Why not get on a bike right now and pedal around your village hills.

BHF relies on your generous donations to fund their vital work, and they want to spend as much of this as possible directly on research.

BHF will be celebrating their 50th birthday this year. Do what you can to help them and, first of all, take care of your own heart!



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