

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

# February is American Heart Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Miles _____	2 Miles _____	3 Miles _____	4 Miles _____	5 Miles _____	6 Wear red Miles _____	7 Miles _____
8 Miles _____	9 Miles _____	10 Miles _____	11 Miles _____	12 Miles _____	13 Miles _____	14 Miles _____
15 Miles _____	16 Miles _____	17 Miles _____	18 Miles _____	19 Miles _____	20 Miles _____	21 Miles _____
22 Miles _____	23 Miles _____	24 Miles _____	25 Miles _____	26 Miles _____	27 Miles _____	28 Miles _____



## Walk/Run Challenge



Take a selfie while exercising



Walk/Run 30 miles or more from February 1<sup>st</sup> through February 28<sup>th</sup>.



Submit your calendar and a photo of yourself exercising to be entered in a drawing to win a 3-month membership to the Garrett College Community Aquatic and Recreation Complex (CARC).

Send your information to



Amy Ritchie at the Garrett County Health Department, Health Education & Outreach Unit, by March 6th.



For more information contact Amy Ritchie:

Email: [Amy.ritchie@maryland.gov](mailto:Amy.ritchie@maryland.gov)

Phone: 301-334-7730



National Wear Red Day is the first Friday in February. Wear red and encourage others to do the same. Help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable.

## Welcome to the February Heart Healthy Walk/Run Challenge!

Options to get the form:

- 1) Go to LiveHealthyGC.com to the Nutrition tab and scroll down

Click on the image of the challenge.

Click on the download icon (  ) to download the form to your device; save, print, and you're ready to go!

- 2) Ask the GCHD Outreach Worker in your community for a paper copy of the challenge.
- 3) Stop in the Garrett County Health Department, Health Education and Outreach Unit, Room 206, to pick up a paper copy.

Options to return the form by March 6, 2026: **Be sure your name and one/both contact information are filled in at the top of the form so you can be contacted if you win! Remember to submit your photo to be eligible for the prize drawing!**

- 1) Upload a digital copy of the form and email it to amy.ritchie@maryland.gov.
- 2) Give the form to your Community Outreach Worker.
- 3) Stop in the Garrett County Health Department, Health Education and Outreach Unit, Room 206, to drop your copy off.