Heart Health Campaign – Recommended Wording

**Love Your Heart This February!**

Did you know the heart works twice as hard as the leg muscles of a sprinter. It takes a lot of force to move your blood around your body, and that is why a strong, healthy heart is so important.

As we embrace the month of love, prioritise your heart with Fitness Passport. Explore a variety of facilities to move and build up your heart strength!

(For email communications) - Boost your heart health journey by downloading the Heart Health Flyer attached to this email.

(For intranet communications) - Boost your heart health journey by downloading the Heart Health Flyer here 💖🏋️‍♂️ (add hyperlink to the campaign materials. You can find this link by right clicking on the corresponding campaign on our [Resources](https://www.fitnesspassport.com.au/resources/) page)