

## Make a healthy heart your goal

Language English

Did you know that cardiovascular disease (CVD) is the number one killer of women worldwide? Today is World Heart Day. Take part in the biggest intervention against CVD in the world: [“Make a healthy heart your goal”](#) [1]

This World Heart Day, the World Heart Federation focus is on creating heart-healthy environments. By ensuring that people are able to make heart-healthy choices wherever they live, work and play.

World Heart Day 2014 encourages us all to reduce our cardiovascular risk, and promotes a heart-healthy planet for those around us.

There are many ways to get involved, from [signing a petition](#) [2] to [planning your own World Heart Day event](#). [3]

[Visit the website](#) [4] for more updates and information!

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### Links

[1] <http://ow.ly/BAuV2>

[2] <http://www.worldheartday2014.com>

[3] <http://www.world-heart-federation.org/what-we-do/awareness/world-heart-day-2014/plans/>

[4] <http://www.worldheartday.org>