



10 ways to motivate your coworkers

Participation ideas for the workplace

Show your support for heart health and encourage others to do the same with these great ideas.



- 01** On Friday, June 10, **wear red.**
- 02** Award a prize to the most “**red-dressed**” person.
- 03** Share images of your workplace participation on social media, and use **#RedDAYFriday** so we can follow your fun.
- 04** Decorate the workplace red; have a vase of red flowers and a **RedDAY poster** in a common area.
- 05** Award a prize to the staff member with the most popular social media post at **#RedDAYFriday**
- 06** Distribute daily heart health tips to staff prior to **RedDAY.**
- 07** Have a “**reddest**” desk/virtual background decorating contest.
- 08** Share a story. Find out if there is anybody in the workplace who has a **heart health story** they are willing to share.
- 09** Elect a **RedDAY Ambassador** to decorate staff not wearing red, or encourage them to update their social platforms with red inspiration!
- 10** Create a **RedDAY** pledge sticker wall. Ask colleagues pledge what they will do this year to improve their heart health, then share their pledges with **#RedDAYFriday.**