Schools can join the American Heart Association in fighting heart disease and stroke

HOW TO GET YOUR SCHOOL INVOLVED

Each school can develop their OWN plan of how they want to conduct a Red Out. Your school will support the American Heart Association by promoting awareness and raising funds for our nation’s leading cause of death. Your school’s American Heart Association representative is there to help you come up with a fun and engaging program for your Red Out.

T-Shirts

Red Out T-shirts are a great way for everyone in the school and community to support the American Heart Association! Turn the entire school red by having everyone purchase a Red Out T-shirt to show their support!

Survivor Recognition

Another great way to add meaning and impact to a Red Out game is to honor local survivors. Chances are a teacher or a student’s family has been affected by heart disease or stroke and would be proud to tell their story. These kinds of examples show the impact cardiovascular diseases are having.

heart.org/REDout
HOW TO GET YOUR SCHOOL INVOLVED, continued

Memorial Wall
With heart disease killing one in three Americans, most people know someone with heart disease. Having a memorial wall at your Red Out is a great way to honor the memory of those we’ve lost. It is also a compelling visual on the number of people affected, reminding us all that we have much work to do. Your American Heart Association representative can supply you with paper hearts or you can get creative. One school’s art club made red paper flowers that they sold at their Red Out, filling their memorial wall.

Health Screenings
Get local healthcare groups involved! Reaching out to local hospitals and physician groups to perform free health screenings is a great way to impact the health and wellness of those attending your Red Out.

Red Out Fashion Show
Participants dress sharply in red and collect donations during halftime. The participant who raises the most donations is crowned the winner! There are a lot of fun variations: school staff dressing up, local TV/radio personalities dressing up, etc.

Getting the Other School Involved
Try to get both teams involved in building enthusiasm for the Red Out game night. Consider having competitions to see which team can raise the most donations before and during the Red Out game. Ask cheerleaders from both teams to collect donations in buckets from their fans and announce the team with the most donations before the end of the game. Consider developing a traveling trophy or plaque for the Red Out winner to encourage developing a fun, health-focused tradition between the schools.

To register for an event, visit heart.org/redoutsignup.