**Healthy Hearts Social Media Content**

**Twitter**

Knowing your numbers is important but knowing what they mean is vital. Enter your blood pressure reading into our online widget to find out what they mean for your health.

Enter your numbers here [healthierlsc.co.uk/healthyhearts](https://www.healthierlsc.co.uk/healthyhearts)  
#KnowYourNumbers

When did you last get your blood pressure checked? If you can’t remember it’s definitely time to do something about it.

Visit our website to find out where you can have a blood pressure check in your community [healthierlsc.co.uk/healthyhearts](https://www.healthierlsc.co.uk/healthyhearts)

#KnowYourNumbers #BloodPressure

Did you know that high blood pressure increases your risk of developing serious health problems such as heart attacks and strokes? Find out where to get your blood pressure checked on our website [healthierlsc.co.uk/healthyhearts](https://www.healthierlsc.co.uk/healthyhearts)

#KnowYourNumbers #HeartHealth

We’re working with @TheBHF to deliver 12,000 blood pressure checks in the community, find out where to get yours on our website: [healthierlsc.co.uk/healthyhearts](https://www.healthierlsc.co.uk/healthyhearts)

#KnowYourNumbers #BloodPressure #HeartHealth

**Facebook**

Knowing your numbers is important but knowing what they mean is vital. Enter your blood pressure reading into our online widget to find out what they mean for your health and what you can do to stay healthy.

Enter your numbers here [healthierlsc.co.uk/healthyhearts](https://www.healthierlsc.co.uk/healthyhearts)  
#KnowYourNumbers

When did you last get your blood pressure checked? If you can’t remember it’s definitely time to do something about it. High blood pressure rarely has noticeable symptoms. But if untreated, it increases your risk of developing serious health problems such as heart attacks and strokes.

Visit our website to find out where you can have a blood pressure check in your community [healthierlsc.co.uk/healthyhearts](https://www.healthierlsc.co.uk/healthyhearts)

#KnowYourNumbers #BloodPressure

We’re working with @BHF to deliver 12,000 blood pressure checks in the community, to help prevent heart attacks and strokes.

Find out where to get your blood pressure checked on our website: [healthierlsc.co.uk/healthyhearts](https://www.healthierlsc.co.uk/healthyhearts)

#KnowYourNumbers #BloodPressure #HeartHealth