

# National Health Observances

(<http://www.healthfinder.gov/library/nho/>)

## February

### American Heart Month

American Heart Association

Contact your local office

Phone: 800-242-8721

Web site: [www.americanheart.org](http://www.americanheart.org)

National Association for Health and Fitness

65 Niagara Square, Room 607

Buffalo, NY 14202

Phone: (716) 583-0521

Web sites: [wellness@city-buffalo.org](mailto:wellness@city-buffalo.org);

[www.physicalfitness.org](http://www.physicalfitness.org)

## March

### National Nutrition Month

American Dietetic Association

Phone: 800-877-1600

Web site: [www.eatright.org](http://www.eatright.org)

## September

### National Cholesterol Education

#### Awareness Month

National Heart, Lung, and Blood Institute

Health Information Center

P.O. Box 30105

Bethesda, MD 20824-0105

Phone: 301-592-8573

Web site: <http://hp2010.nhlbihin.net/cholmonth/>

## May

### National Physical Fitness and Sports Month

President's Council on Physical Fitness and Sport

HHH Building, Room 738H

200 Independence Avenue SW

Washington, DC 20201

Phone: 202-690-9000

Web site: [www.fitness.gov](http://www.fitness.gov)

### Fruit and Vegetable Month

Centers for Disease Control and Prevention/

Produce for Better Health Foundation

Fruit and Vegetable Program Office

Mailstop K-26

4770 Buford Hwy NE

Atlanta, GA 30341

Phone: 800-243-7889

Web site: [www.5ADay.gov](http://www.5ADay.gov)

### National Bike Month and National Bike-to-Work Day

League of American Bicyclists

1612 K Street NW, Suite 401

Washington, DC 20006

Phone: 202-822-1333

Web site: [www.bikeleague.org](http://www.bikeleague.org)

### American Heart Walk

(held at various times in September and October)

American Heart Association

Contact your local office

Phone: 800-242-8721

Website: [www.americanheart.org](http://www.americanheart.org)

### National Running and Fitness Week

(2nd week in May)

American Running and Fitness Association

4405 East West Highway, Suite 405

Bethesda, MD 20814

Phone: 800-776-2732

## November

### American Diabetes Month

American Diabetes Association

1701 North Beauregard Street

Alexandria, VA 22311

Phone: 800-342-2383)

Web site: [www.diabetes.org](http://www.diabetes.org)

### National Employee Health and Fitness Day (also called National Playday for Health)

(3rd Wednesday in May)