



Healthy Choices Count!

FEBRUARY FEATURE

Heart Healthy Choices

STRATEGY 4

Provide opportunities to get physical activity every day

DID YOU KNOW?

Your heart affects every part of your body (there are 60,000 miles of blood vessels in your body after all). That also means that diet, lifestyle, and your emotional well-being can affect your heart. Mental and physical health are both important for maintaining a healthy heart.

EAT HEART HEALTHY FOOD

There are tons of tasty, heart healthy foods that can help you and your family reach your goal of 5 fruits and veggies a day! Try snacking on these next time hunger hits:

- Leafy greens
- Berries
- Grapes
- Smoothies (Blend low-fat milk with frozen fruit, a banana, and low-fat yogurt)
- Spread peanut butter on apple or pear slices, add two raisin eyes to make a smiley face!



CELEBRATE HEART MONTH

During National Heart Health Month in February, help kids understand how eating better and moving more can contribute to a healthy heart. 5-2-1-0 Healthy Choices Count! can help you live a healthy life and the Iowa Heart Foundation and The American Heart Association have tons of awesome resources!

TIP FOR TEACHERS: Don't have time to teach about heart health? Incorporate information into other core subjects like Math, Language Arts, and Science.

