

Heart Healthy and Ready to Go

Overview



The month of February is typically associated with love. February also happens to be American Heart Month. This makes it a perfect time to focus on the one heart that means the most - your own! Did you know the average heart beats about 100,000 times per day? That's a lot of work! To keep our hearts strong and healthy and performing their best, it's important to take time to share the love. Get

moving and fuel your body with some heart-loving ideas below!

Move More

Get Moving, Love Your Heart

Similar to how we work out other muscles in our body, your heart needs a work out, too! To help strengthen your heart, try to get moving at least 150 minutes per week (that's about 20 minutes per day!).

The Move Cube

Materials:

- Printable cube template
- Tape
- Music

Print out the cube template and fill in each side with an action from the list below or come up with your own. Customize to the ages of your participants. For younger ages, consider animal movements (hop like a frog, flap wings like a bird, or waddle like a penguin). Use The Move Cube to get moving in the classroom (during morning meeting, as a fun mid-day break, or as an activity when preparing for upcoming exams) or during free time at home!

- Jump Up and Down
- Jumping Jacks
- Hop on One Foot
- Push-Ups
- Tip-Toe
- Sit-Ups
- Crawl
- Toe Touches
- Walk Backwards
- Arm Circles
- Dance
- Burpees
- Stretch
- Mountain Climbers

Eat Better

Give Your Heart Some Love with These Heart-Healthy Snacks

Keeping your heart healthy includes fueling the body with the right vitamins and minerals. One of the best ways to do this? Eat the rainbow! Fill your diet with many colorful fruits and veggies, whole grains, and healthy fats – like avocados and nuts. Check out these delicious and heart-healthy recipes below. Want to create your own heart-healthy salad or parfait? [Host a taste test](#), and pick from new ingredients.

Kale Berry Salad

Prep Time: 10 minutes

Ingredients:

- 1 bunch of kale, thick stems removed and leaves thinly sliced
- 1 ripe avocado, diced
- 3 green onions, thinly sliced
- 2 tablespoons of lime juice
- 2 packages of raspberries
- 2 packages of blueberries

Directions:

1) Wash all fruits and vegetables. 2) Thinly slice kale and green onions, and dice avocado. 3) Toss all ingredients in a large mixing bowl and chill for 15 minutes. Serve and enjoy!

Yogurt Chocolate Berry Parfait

Prep Time: 10 minutes

Ingredients:

- Plain or vanilla Greek yogurt (can substitute based on allergies)
- Assorted berries - (the more colors, the better!)
- Dark chocolate chips
- Old fashioned oats (optional)
- Cinnamon

Directions:

1) Scoop yogurt into bowl. 2) Top with fruit, dark chocolate, oats, and cinnamon. 3) Serve and enjoy!

Tips



Engage parents and volunteers in your community to join or [plan a Heart Walk](#) for the school. You can raise funds and get everyone



Reach out to a local clinic and ask someone to come in to talk to students and families about heart health.

moving together for a great cause

in supporting the American Heart Association.



Incorporate all of these ideas into your [Every Kid Healthy Week](#) event plans and [host a schoolwide health fair](#) with a focus on heart health. You could

invite a yoga instructor, offer taste tests of heart-healthy snacks, and bring in a speaker to do workshops on heart health. Enlist your parent organization or individual parents to help you plan.

Related Activities

Celebrate Heart Health Month

During this special month, help kids and adults understand the importance of a healthy heart and actions they can take to live a heart healthy life.

Celebrate Your Star Students!

Check out these star-tastic ways to eat better and move more while celebrating star students.

Yoga for Children

It's often assumed that one must

Dia de los Muertos

This year, take some time to learn

already be flexible and physically fit to participate in yoga. One of the many great aspects of yoga is that it can be modified to fit the age, goals and abilities of almost anyone.

more about the varied history and practices around Dia de los Muertos and consider your own cultural celebrations and traditions.