



### YOUR HAPPY HEART



Today we learned that our heart is a muscle that cannot be exercised by 'flexing' it like we can our muscles in our arm. The heart is a muscle that pumps blood through our body and can be made stronger by physical activity. A strong heart beats fewer times per minute and pumps blood better. This will help keep it from 'wearing out' as fast as one that beats faster, but pumps less blood with each beat. We did a variety of different exercises and found out that the exercises that keep us moving, for 30 minutes or more, are the ones that strengthen our heart.



### AT HOME ACTIVITY

Spend some time each day as a family being physically active to strengthen your heart.

Here is a list of easy, fun activities to try:

- play tag
- jump rope
- walk around the block
- go for a bike ride
- dance around to an upbeat song while playing outside or cleaning the house
- march in place during all the commercials on TV.

### MOVE MORE, SLEEP BETTER



Including physical activity during the day that gets your heart pumping will help you sleep better at night. Along with regular exercise, going to bed at the same time every night, avoiding drinks that have caffeine in them before bed, and doing the same activities every night, like brushing teeth, reading a story or being quiet to calm down are all helpful in maintaining a good sleep routine to help you feel rested and ready for the next day.