



HEALTHY HEART



Today we learned about the human heart - how it functions and how to keep it healthy. We learned about diseases of the heart and how our lifestyle choices can affect how healthy or unhealthy our heart can be. The strength of our heart is important for delivering oxygen to our whole body and energizing our day! Deep breathing, physical activity, exercise and good nutrition all play an important role in heart health.

AT HOME ACTIVITY



There are many things you can do together as a family to improve your heart health. Here are a few options to consider:

- Snack on fruits or vegetables.
- Avoid using food as a reward.
- Eat sweet foods in moderation.
- Spend more time being physically active and less time watching television and playing video games.

- Find ways to increase steps throughout the day.
- Spend a few minutes each day focusing on deep breathing.

TAKE A DEEP BREATH



Proper breathing is essential to good health. Slow, deep breathing gets rid of carbon dioxide waste and takes in plenty of clean, fresh oxygen to your brain and muscles, including your heart. Take long, deep breaths of air to help you stay calm or return to a calm state quickly, even in stressful situations.