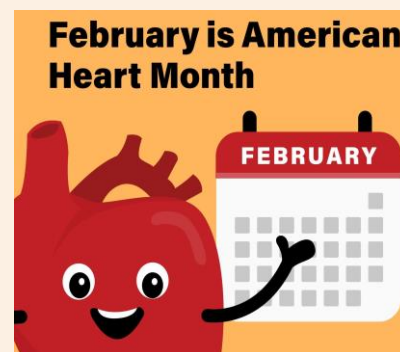


FEBRUARY IS AMERICAN HEART MONTH

TIPS FROM THE SCHOOL NURSE TO HELP YOUR FAMILY BE HEART HEALTHY

Keeping your heart healthy is one of the best ways to feel your best. Making small heart-healthy choices every day can significantly impact living a longer, happier and healthier life. Here are some simple things you can do that can make a big difference in heart-healthy habits for you & your family.



1. Find free time for physical activity. Take walks after dinner, have the kids join a sports team, or do an exercise video together. Pick two 30-minute time slots a week for activity time. Every little bit counts! More ideas are here >>> [The American Heart Association recommendations](#) and [25 Ways To Get Moving at Home](#).
2. [Healthy Eating Starts At Home](#). Cooking more meals at home allows everyone in the family to build better eating habits, one plate at a time. Get the whole family involved in planning healthy meals and assisting in preparation. Eat a balanced diet, including fruits and vegetables. Try to avoid processed foods and sugary soft drinks.
3. Simplify the family's schedule. Make time to sit together at the dinner table a few times weekly to talk and reconnect. Help one another with healthy [stress management](#) habits.
4. Get plenty of rest. Here is >>> [How Sleep Affects Your Health](#). Getting enough sleep can help you feel more motivated to exercise and eat healthy foods. Tips for >>> [How To Get A Healthy Sleep](#).
5. Finally, live by example. Eat right, get enough rest, manage stress, and be active. Connect with people face to face. Friendship connections are essential for health and stress reduction. Having a positive attitude and mindset is considered beneficial to heart health. With a little determination and motivation, your family can make heart-healthy, simple decisions that will become your usual way of living.

For more healthy ideas, visit the American Heart Association at www.heart.org or www.goredforwomen.org