



February is recognized as the American Heart Association's "Heart Month". Think about the heart health of your whole family, kids included!

HERE ARE SOME TIPS TO IMPROVE YOUR FAMILY'S HEART HEALTH:

Move your body 30-60 minutes every day. Your heart will especially thank you for doing activities that get you huffing and puffing.

Eat at least 5 fruits and vegetables each day. Your heart loves these foods because they are low in sodium and high in fiber.

Choose low sodium foods whenever possible. Try using spices instead of the salt shaker to give your food more taste. Your heart will thank you.

Enjoy foods with saturated and trans fat in moderation: butter, full fat dairy products, less lean cuts of meat, fried and baked foods. Fat is an important part of your diet, but too much saturated and trans fat can put a toll on your heart.



The Hastings School District is working to improve the health and scholastic achievement of students. To learn more about the wellness initiatives in Hastings, check out the Smart Choices Website:

<http://www.smartchoiceshastings.info>

Hastings School District #200

February 2018

Student and Family Wellness

Tips for healthy, happy hearts

PUTTING THE FAST IN BREAKFAST

No time for breakfast? If so, you or your family are missing out on the many benefits of eating the morning meal. Check out these quick and easy solutions below – speedy, nutritious and delicious breakfasts the whole family will love.

The PB&B

Whole-wheat toast topped with peanut butter and sliced bananas plus fat-free milk.

On a Roll

A whole-wheat tortilla wrapped around a low-fat cheese stick plus a bunch of grapes (be sure to cut grapes in half for younger children).

The Swirl and-Go

Crunchy high fiber cereal, blueberries, and sunflower seeds swirled into low-fat or fat-free vanilla yogurt.

The Little Dipper

Graham crackers dipped into low-fat or fat-free fruit yogurt plus 100 percent apple juice

The Waffle Tower

A toasted frozen whole-grain waffle piled high with sliced strawberries, a dollop of low-fat or fat-free yogurt and a sprinkling of sliced almonds.

Reprinted from the International Food Information Council Foundation, 2012.
<http://www.foodinsight.org/>.

ON FEBRUARY 2, WEAR RED AND REMEMBER TO MAKE HEART-HEALTHY CHOICES TOO!

Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action.

Won't you please wear red on **National Wear Red Day**[®], February 2, 2018? Please encourage others to do the same and make the time to [Know Your Numbers](#). Five numbers that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases.



Click on red tennis shoe for link to National Wear Red Day 2018.