



FEBRUARY

HOW YOU CAN KEEP YOUR HEART HEALTHY!

CELEBRATE NATIONAL HEART MONTH

During National Heart Health Month in February, help kids understand how eating better and moving more can contribute to a healthy heart. 5-2-1-0 Healthy Choices Count! can help you live a healthy life, and so can these awesome resources:

- [American Heart Association – Educators and Parents](#)
- [Heart and Stroke Foundation of Canada – Healthy Kids](#)

TIP FOR TEACHERS: Don't have time to teach about heart health? Incorporate information into other core subjects like Math, Language Arts and Science.



PHYSICAL ACTIVITY FUN

Physical activity doesn't have to be limited to just recess or P.E. Try incorporating classroom "brain breaks" with fun activities or yoga breaks! [The Iowa Department of Health and Human Services](#) has some great examples!

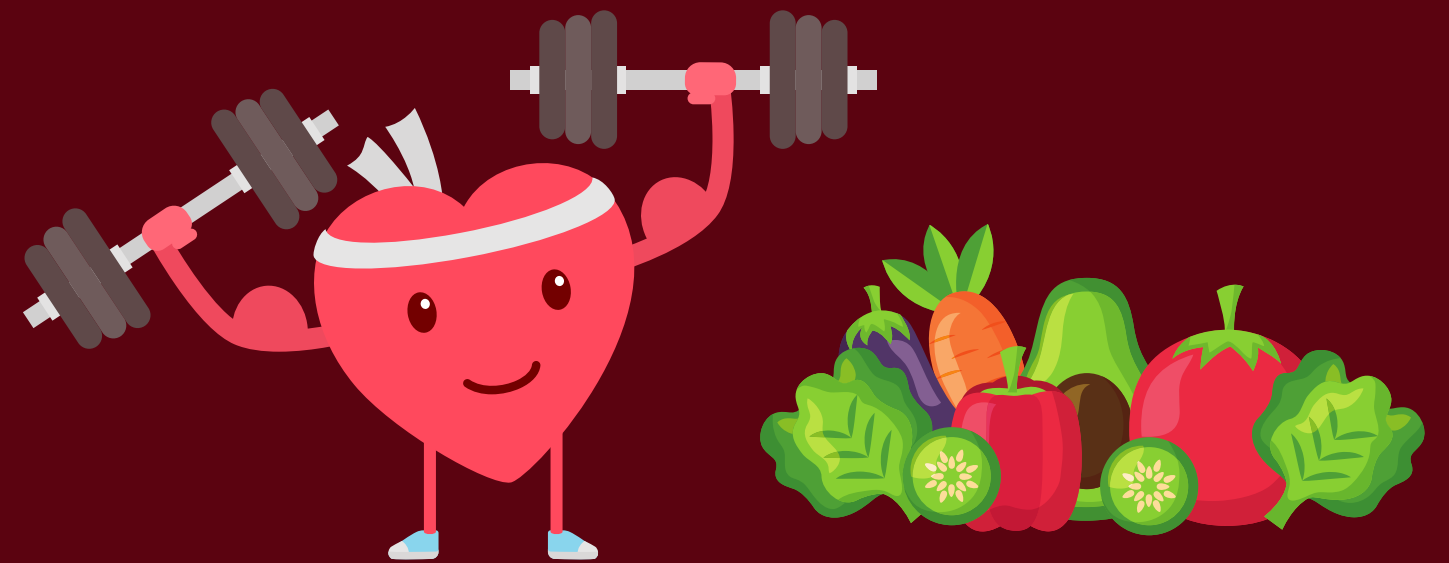
Also, consider starting a before- or after-school walking club in the gym for students and/or staff.



HEART HEALTHY FOOD

Leafy greens and berries are both hearty-healthy foods that can help you reach your goal of 5 fruits and veggies every day, plus they can be a super tasty snack!

Try foods like Strawberry Banana Parfaits or a Vegetable Roll Up, or check out more tasty treats in the [5-2-1-0 Recipe Book](#)



Learn more and access free resources: iowahealthieststate.com/5210



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