

# HEART HEALTH



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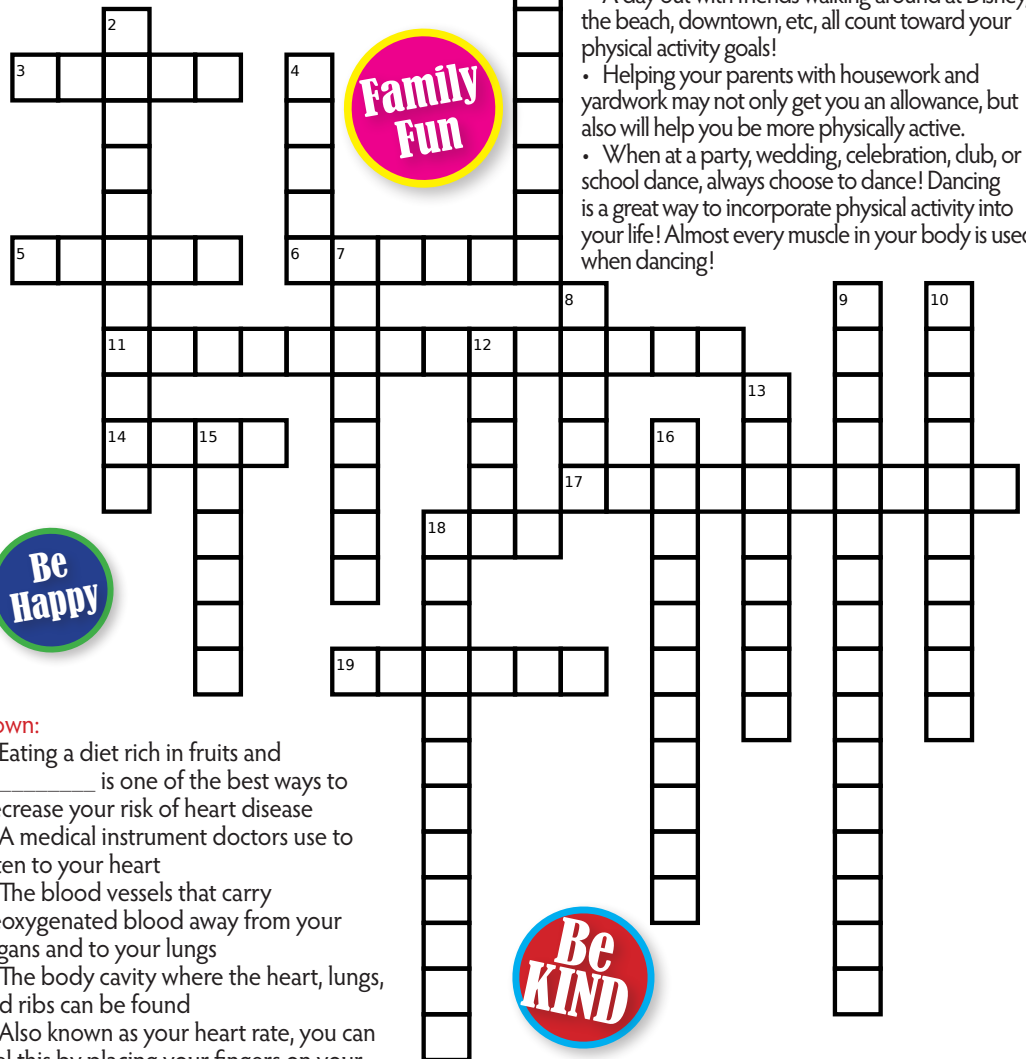
## Tips For Families

- Your risk for heart disease and cardiac related events can be lowered by maintaining a healthy eating pattern and a regular level of physical activity!
- Physical activity, unlike exercise, is not structured or repetitive; physical activity encompasses all bodily movement!

Here are some examples:

- Walking
  - Running
  - Dancing
  - Gardening
  - Biking
  - Hiking
  - Swimming
- The recommended amount of physical activity for adults is 150min per week. It may seem like a lot of time, but when you break it down it equals 30min a day for 5 days!
  - The recommended amount of physical activity for kids is 60min per day! An hour a day may seem daunting, but most kids are already meeting this goal by playing outdoors!
  - Physical activity is cumulative- meaning that you can break it down into 5min or 15min increments to meet your daily requirements!
  - When cooking, try to use less saturated fats (butter, lard, coconut oil, palm oil, shortening) and use more unsaturated fats (olive oil, canola oil, avocado oil, sunflower oil, safflower oil). Unsaturated fats are the most heart healthy fats!
  - Excess added sugar in our diets can also contribute to heart disease. Avoid added sugars as much as possible by looking for a "low number" on the nutrition facts label! Some foods may also have a front label sticker that says "no added sugar."
  - Excess salt can also contribute to heart disease, namely hypertension (high blood pressure). Try using herbs and spices to give food flavor instead of salt!
  - Eating a diet rich in fruits and vegetables and low in processed foods can help you reduce your risk of heart disease!
  - Pro Tip: When grocery shopping, stick to the perimeter of the store as much as possible and only venture into the store aisles when absolutely necessary. The perimeter of grocery stores contains all of the items necessary for a healthy diet.

## Heart Healthy Crossword Puzzle



Down:

- Eating a diet rich in fruits and \_\_\_\_\_ is one of the best ways to decrease your risk of heart disease
- A medical instrument doctors use to listen to your heart
- The blood vessels that carry deoxygenated blood away from your organs and to your lungs
- The body cavity where the heart, lungs, and ribs can be found
- Also known as your heart rate, you can feel this by placing your fingers on your neck or wrist
- Unlike exercise, \_\_\_\_\_ does not require you to go to a gym or lift weights
- The muscular tissue of the heart
- Getting adequate amounts of \_\_\_\_\_ each night have been shown to reduce your risk of heart disease
- The blood vessels that carry oxygenated blood from your heart to your organs
- The heart is a \_\_\_\_\_ and if you do not "exercise" it it can decrease its ability to function
- The action of breathing
- A medical doctor who specializes in the care of your heart and blood vessels

Across:

- Drinking plenty of \_\_\_\_\_ is a great way to reduce the amount of added sugars in your diet
- Your heart pumps \_\_\_\_\_ to all of your organs to give them oxygen and remove waste products, like carbon dioxide
- High \_\_\_\_\_ levels have been associated with an increased risk of heart disease
- The heart is a part of the \_\_\_\_\_ system
- In your body your heart acts like this positive-displacement machine
- The heart uses self-regulated \_\_\_\_\_ impulses to regulate its rhythm and pace
- A lifesaving intervention that anyone can perform to render aid to those suffering from a cardiac event
- To reduce your risk of hypertension (high blood pressure) it is important to limit your intake of \_\_\_\_\_

## Tips for Kids

- Like playing video games? Try VR games where you can move and be immersed in the gameplay!
- Join local school sports teams or local community club teams.
- A day out with friends walking around at Disney, the beach, downtown, etc, all count toward your physical activity goals!
- Helping your parents with housework and yardwork may not only get you an allowance, but also will help you be more physically active.
- When at a party, wedding, celebration, club, or school dance, always choose to dance! Dancing is a great way to incorporate physical activity into your life! Almost every muscle in your body is used when dancing!

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 Z P H Y S I C A L N W J I H Z K T M P V  
 O X Y G E N A W M L D A N C I N G D Y R  
 D T I C A T Y N K A W T V V B P Y Y O E  
 O E P P U M L H V Z C S D D A X K Y G S  
 J O X J U O S B L O O D S T R E A M A P  
 I B S P I Y P T S S G B A R S K U N I I  
 R N Q B L S Z X E G P X G C L H M K Q R  
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 A A S B X G B L A U H O S E R U D V O Q  
 T R J Z R I W M V G M B N T S T O E I N

# HEART HEALTHY Word Search

Cardio	Respiration	Soccer
Stethoscope	Vascular	Sodium
Cardiologist	Circulation	Sugar
Heartbeat	Active	Physical
Veins	Bloodstream	
Arteries	Hypertension	
Oxygen	Yoga	
Resuscitation	Dancing	

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## Heart Maze



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 kindness*



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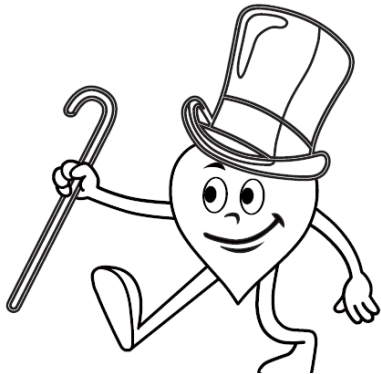


**Daily Workouts FREE** is a great 5 to 30 minute daily workout routine for men and women that steps you through some of the best exercises you can do in the comfort of your own home.

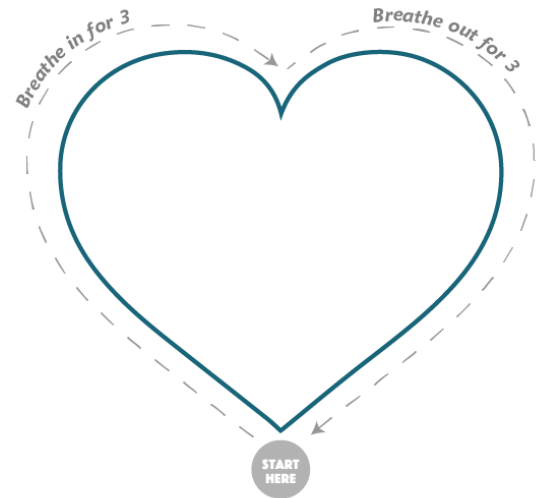
These proven workouts, demonstrated by a certified personal trainer, target all major muscles. Spending just minutes a day can strengthen and tone your body. The routine's simple interface, complete with video and timer, allows you to easily follow along and understand each exercise. Simply select your routine and follow along!

# Foods that make your heart happy and healthy

Some foods make your heart happy and healthy. And some foods can make your heart sick and sad if you eat them often. Match the right food to the happy heart or sad heart. Then color the hearts.



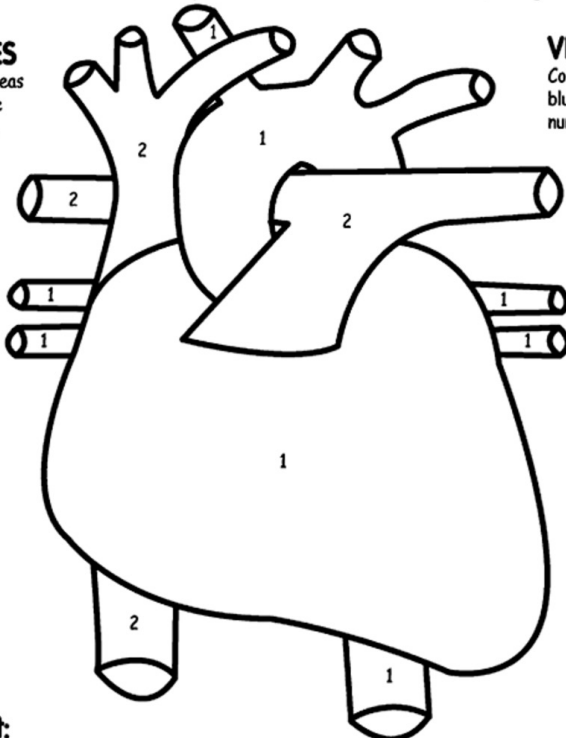
- |                   |                                 |
|-------------------|---------------------------------|
| beans             | fast food                       |
| bacon             | fried french fries              |
| fruit             | baked french fries              |
| potato chips      | buttered popcorn                |
| pretzels          | popcorn without butter          |
| soda              | 100% wheat bread                |
| water             | sugary cereals                  |
| vegetable         | cheese pizza                    |
| whole milk        | veggie pizza with lowfat cheese |
| nonfat or 1% milk |                                 |



## HUMAN HEART

The human heart is made up of two different kinds of blood vessels. Blood vessels are hollow tubes that carry blood all over the human body. The human body has three kinds of vessels: arteries, veins and capillaries. In the human heart there are arteries and veins. Arteries carry blood away from the heart and veins carry blood toward the heart. Capillaries connect the arteries to the veins, throughout the body.

**ARTERIES**  
Color the areas red that are numbered 1.

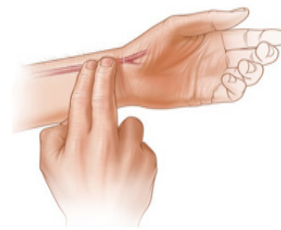


**VEINS**  
Color the areas blue that are numbered 2.

### Fun Fact:

If all the blood vessels were lined in a row from a child-sized body, they would form a line more than 60,000 miles long.

## What's My Heart Rate



Your heart rate is the number of times your heart beats during a certain period of time (usually measured over a minute).

To measure your heart rate, place your index finger and middle finger on the inside of your wrist (near your thumb). Gently press your fingers down until you can feel a pulsation. Using a timer, count how many pulsations you feel in a minute.

After doing a variety of activities measure your heart rate: **Sitting down in a chair, 20 Jumping Jacks, Running in place for 30 seconds and Standing after running in place.**

**What differences did you notice after each activity?**

**Why do you think there was a difference in your heart rate?**