


























February



Heart Health Month

2024

*= heart health tips

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Scan to access</p> 	<p>National Sweet Potato Month: Click here to learn more!</p> 	<p>National Canned Food Month: Click here to learn more!</p> 	<p>National Heart Health Month: Click here to learn more!</p> 	<p>Fitness Brain Break</p> 	<p>National Wear Red Day 3 X 20 Jumping Jacks</p> 	<p>*Laughing is good for your heart!</p>
<p>*Newborn babies have the fastest heart beats</p>	<p>Mindful Monday The Human Heart</p> 	<p>Who Am I Fitness</p> 	<p>Wellness Wednesday</p> 	<p>Get fit!</p> 	<p>P.S. I Love You Day</p> 	<p>*A broken heart can feel like a heart attack</p>
<p>*Your heart beats around 100,000 times a day!</p>	<p>Mindful Monday</p> 	<p>Valentines Would you Rather?</p> 	<p>Valentine's Day Races!</p> 	<p>Guess Who Fitness</p> 	<p>Funny Friday</p> 	<p>*Sneezing does not stop your heart</p>
<p>*Your heart pumps 2,000 gallons of blood a day</p>	<p>Mindful Monday</p> 	<p>Fitness Brain Break</p> 	<p>Wellness Wednesday</p> 	<p>Who's Eye? Fitness</p> 	<p>Fun Friday!</p> 	<p>*Your heart can weigh between 7 and 15 pounds</p>
<p>*There are 60,000 miles of blood vessels in your body</p>	<p>Mindful Monday</p> 	<p>Would you Rather?</p> 	<p>Wellness Wednesday</p> 	<p>Go follow us at... www.facebook.com/HSNYWSBOCES @chsc_LongIsland</p>  <p>Creating Healthy Schools and Communities</p>	