

SUPPORT YOUR TEEN'S HEART HEALTH!



PROJECT CHAIRS

WARNING SIGNS FOR HEART PROBLEMS

PASSING OUT DURING PHYSICAL ACTIVITY

HEART PALPITATIONS

SHORTNESS OF BREATH WHILE BEING ACTIVE

LONG-LASTING CHEST PAINS

THUNDERBOLTS FOR HEART'S MISSION

AS PART OF THE 2024-2025 COMMUNITY AWARENESS DECA PROJECT, OUR CHAIRS, PAYTON RICHARDS, SHELBY SHINGLER, AND LUKE MANGEN, SEEK AVENUES TO SPREAD AWARENESS ABOUT THE RISING ISSUE OF HEART HEALTH IN OUR SCHOOL AND COMMUNITY. FOLLOW OUR JOURNEY AS WE EDUCATE ELEMENTARY-HIGH SCHOOL NORTHMONT STUDENTS ABOUT THE IMPORTANCE OF HEART HEALTH THROUGH OUR **THREE MAIN EVENTS!**

**Elementary
Heart-Day**

**CPR certification
for staff**

**Highschool
Heart-week**

ESTABLISH HEALTHY EATING HABITS



Fruits & Veggies

Grains & nuts

Fatty fish & oil

- Rich in antioxidants
- Reduces the buildup of plaque from cholesterol in the arteries

- A great source of fiber
- Helps maintain healthy cholesterol levels, reducing the risk of heart disease

- Rich in omega-3
- Fatty acids can help reduce triglycerides and lower the risk of arrhythmias

@THUNDERBOLTSFORHEART

WHY SHOULD YOU BE CPR CERTIFIED?

ADD ANOTHER ESSENTIAL SKILL TO YOUR PARENTING TOOLBOX! ACCIDENTS CAN HAPPEN IN THE BLINK OF AN EYE—KNOWING CPR MEANS YOU'RE EQUIPPED TO RESPOND QUICKLY AND EFFECTIVELY, GIVING YOUR CHILD THE BEST CHANCE IN AN EMERGENCY. PLUS, IT PROVIDES PEACE OF MIND, KNOWING YOU CAN PROTECT NOT JUST YOUR OWN KIDS, BUT OTHERS' TOO.

CPR CERTIFICATION RESOURCES

FIRE STATION

MANY FIRE STATIONS OFFER CPR TRAINING TO HELP THEIR COMMUNITIES LEARN LIFE-SAVING SKILLS.

AMERICAN RED CROSS

THE AMERICAN RED CROSS OFFERS ONLINE CPR TRAINING TO MAKE CPR ACCESSIBLE FOR EVERYONE.

THE YMCA

YOUR LOCAL YMCA OFFERS CPR TRAINING TO EMPOWER INDIVIDUALS WITH ESSENTIAL LIFE-SAVING SKILLS.