

Self-Care for a Healthy Heart

Did you know February is American Heart Month?

This year, let all that pink and red be a reminder to take care of you! Heart health begins with self-care. Not sure where to start? Here are a few heart-centered tips:

1. Schedule your yearly physical
2. Get 30 minutes of exercise daily
3. Limit sodium and unhealthy fats



4. Try to get 7-9 hours of sleep a night
5. Manage stress with mindfulness practices like yoga, meditation, or favorite hobbies!

Find out more at: <https://www.nhlbi.nih.gov/health/heart-healthy-living>

Be Kind!



Like the Conversation Hearts say, Be Kind!

Not just on Valentine's Day, but every day, we can share the love in our families, with friends, at school and work, and in our community. This month, help your student look for opportunities to Be Kind.

Here are some easy ways to get started:

- Write a handwritten note for a teacher or staff member
- Invite someone new to play or sit at lunch
- Bake cookies for a neighbor or shovel their driveway
- Paint a kindness rock and hide it in a local park
- Schedule a volunteer shift at a local non-profit



Eat Your Cake & Veggies, too!



The Anglo-Saxons called February Sol-monath, meaning "cake month." Though they offered cake to the gods in February, we suggest having cake with some friends. And of course, there is National Carrot Cake Day in February!

National Carrot Cake Day on February 3rd, celebrates one of America's favorite flavors of cake. In the carrot cake, we get to eat our cake and veggies, too!

Does carrot cake recipes call for real carrots? Yes! Shredded carrots are used to make carrot cake. The carrot's natural sweetness may have been selected as a substitute in the Middle Ages when sugar was hard to find or expensive. Carrot cake most likely developed from a carrot pudding which could be savory or sweet.

Find out more at: <https://www.nationaldaycalendar.com/february>

Make Your Move

When the temperatures drop, it's hard to keep activity levels up...

but did you know the current recommendation is that children get at least 60 minutes of physical activity each day? That means regardless of the weather, we all have to keep moving!

Here are some ways to get up and go, even indoors:

- Search for yoga exercises online and see who can hold their pose longest!
- Sledding burns over 400 calories in just one hour!
- Consider offering incentives for outside chores like shoveling... maybe they could pick dinner and a movie for the family this weekend?

Find out more at: <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>



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