

February is



American Heart Month

***Tip: Make it fun!**
Assign an exercise to a suit of card.
Draw a card and do that many of the exercise

Explain or watch a video on how the heart works.
Incorporate it into your conversations: mealtimes, bedtime

Create a fun, family challenge. Set a goal.

***Tip:** It is important to not stress the numbers or focus on tracking with children too much. Simply educating and becoming aware in a healthy way.

Week 1

Be

Physically

Active

Week 2

Eat

Healthier

Week 3

Track Your

Heart

Health

Stats

Week 4

Manage

Stress &

Sleep

Better

***Tip:** Try mixing ingredients such as coconut oil, oats, flaxseed, spinach into smoothies!

Help learn and demonstrate appropriate calming techniques.

Create a consistent bedtime routine.