

## February is heart month

Your heart is one of the most important organs in your body, and it's important to keep it healthy and strong. By helping your child learn healthy habits early, it will provide lifelong benefits.

### **Be physically active as a family**

Plan a time for everyone and start moving! Take a walk, go ice skating or roller skating, go swimming, build a snowman or play hide-and-seek. Show them that exercise can be fun!

### **Make dinnertime a family time**

Involve children with planning and cooking meals and picking out healthy food options.

### **Limit screen time**

Excessive screen time can lead to a sedentary lifestyle and weight gain. Encourage moving and being active as an alternative.

### **Stay involved**

Stay current with your child's food options at school/day care and exercise habits. Ensure children see their healthcare provider annually for check-ups.

### **Prioritize Sleep**

School-age children (6-12 years old) need 9-12 hours of sleep per 24 hours. Encourage the same bedtime each night, create a calming pre-bed routine and limit electronics in the bedroom to encourage good sleep habits.

## Lake Mills Open Gym

The Lake Mills Rec Department offers an open gym opportunity that is a free program for families with kids ages 1-14. to help promote physical activity during the winter months. Open gym are on Sunday afternoons November through February.

Visit the Lake Mills Rec Department Facebook page or call 920-648-8035 for more information.

## School Nurse Expertise

From Katie Paul, School Nurse for the Cambridge School District:

*"If you were to live to age 80, your heart will have pumped 50 million gallons of blood. It is no wonder we need to take good care of our heart! Eating a diet that includes plenty of fruits and vegetables (sorry, french fries do not count) is another great way to take care of your heart. Try to include at least one fruit and vegetable in each meal."*

## Tips for Parents

Get creative with indoor exercise during the cold winter months. Set up an obstacle course, find a fun YouTube video or mini challenges that the whole family can do.

## Heart Quiz for Kids

Take this fun and educational quiz with your child(ren) and learn more about your heart and all the cool things it does for you. (Answers at the bottom)

**Question 1: How many chambers does the heart have?**

- A. 6
- B. 5
- C. 4

**Question 2: The beating sound your heart makes comes from:**

- A. Blood going the wrong direction
- B. Valves closing
- C. The heart skipping beats

**Question 3: You can keep your heart strong by:**

- A. Eating heart-shaped candy
- B. Doing activities like playing outside, riding your bike and swimming
- C. Smoking

**Question 4: These are the tubes that carry blood back to the heart:**

- A. Arteries
- B. Veins
- C. Pipes

**Question 5: The atria are the "upstairs" chambers of the heart, and these are the "Downstairs" chambers:**

- A. Valves
- B. Blood
- C. Ventricles

Q5: C

Q1: C, Q2: B, Q3: B, Q4: B,

<https://kidshealth.org/en/kids/csquiz.html#catheart-activities>