

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 starting healthy habits early, it will provide lifelong benefits.

• **Be physically active daily.**

Plan a time daily and start moving! Take a walk, go ice skating or roller skating, go swimming, build a snowman or play hide-and-seek. Find exercises that you find fun and ask friends to join you.

• **Make Healthy Nutritious Meal Choices**

It can be hard to make good food choices when you don't have a lot of time, or your friends are going to get fast food. Try to eat as many colors of the rainbow during the day to get your vitamins and nutrients, aim to decrease the sugar and fatty snacks, and opt for water instead of soda or energy drinks.

• **Limit screen time.**

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

• **Prioritize Sleep.**

Teens (13-18 years old) need 8-10 hours of sleep per 24 hours. Try to go to bed the same time each night, create a calming pre-bed routine and limit electronics in the bedroom to encourage good sleep habits.

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."

Hands-Only CPR

Hands-only CPR only takes 2 steps, and can save a life.

If someone collapses and you suspect their heart has stopped, the 2 steps are:

1. **Call 911**
2. **Push hard and fast in the center of their chest**

You can find out more about hands-only CPR by visiting <https://cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr>

Heart Quiz

Take this fun and educational quiz with your 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

01: C ; 02: B ; 03: B ; 04: B ;
05: C
<https://kidshealth.org/en/kids/csquiz.html#catheart-activities>