

February is Heart Health Month!

12 Heart Healthy Habits to share with your kids.

1. Get a good night's sleep.



2.



Get outside & play.

3. Don't smoke, or quit now!



4. Spend time with loved ones.



5. Eat lots of fruits & vegetables



6.



Raise your heart rate.

7.

Visit ALL your doctors.



8.

Eat at



home.

9.

Enjoy good mood foods.



10.

Be Grateful!



11.

Surround yourself with healthy relationships.



12.

Live by example

