

Move to the Beat

Benefits of Physical Activity:

1. Reduces risk of stroke, heart attacks, and being overweight.
2. Strengthens heart and other muscles.
3. Strengthens bones
4. Reduces stress.

Farmers Market or Green Cart Shopping List
 Try good-for-your-heart avocados or pineapples from your local market.



Family Goal

Goal: Get 60 minutes of daily activity! Did you reach your daily goal?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> 60 minutes	<input type="checkbox"/> 60 minutes	<input type="checkbox"/> 60 minutes	<input type="checkbox"/> 60 minutes	<input type="checkbox"/> 60 minutes	<input type="checkbox"/> 60 minutes	<input type="checkbox"/> 60 minutes
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BONUS: Combine good exercise with good nutrition.

Replace three WHOA foods this week with three GO foods. (Example: We ate an apple instead of a bag of potato chips.)

1. We ate _____ instead of _____.
2. We ate _____ instead of _____.
3. We ate _____ instead of _____.

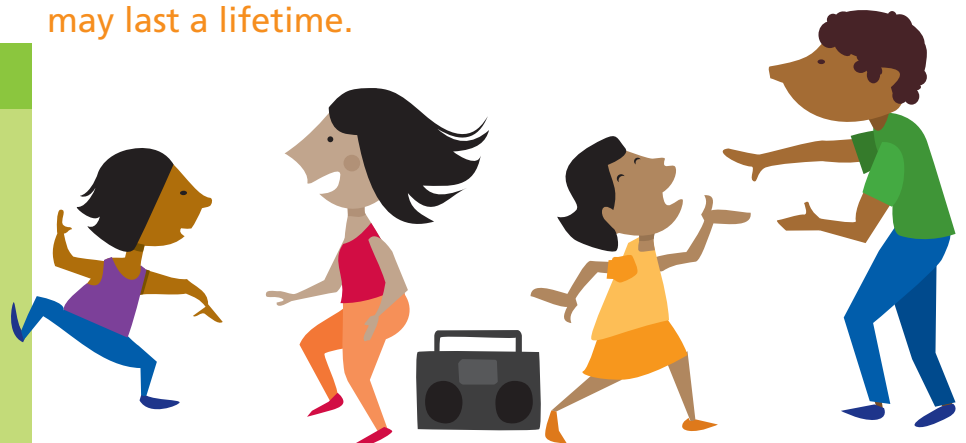
Fact of the Week Physical activity habits established in childhood may last a lifetime.

Strategy

Your daily activity does not have to be continuous.

Example:

- 20 minutes of physical activity such as dancing
- + 10 minute walk to school
- 30 minutes!



At-Home Tools

Heart Healthy Books

*Thump, Thump,
Rat-a-Tat-Tat*

by Gene Baer

The Animal Boogie

by Debbie Harter

From Head to Toe

by Eric Carle



Health Tip

Cook with vegetable oil instead of butter, margarine, or lard.

New Heart Words to Use

1. Beat
2. Fast
3. Slow
4. Move
5. Hop
6. Run

Did you know...

There are GO fats and WHOA fats. GO fats are found in avocados, vegetable oils (olive oil is great, canola, and peanut oil work, too) and fish (salmon, mackerel, trout). WHOA fats are found in fried foods, baked goods, whole milk, ice cream, and high-fat meat.

Fun Activities

Dance Party!

Play your favorite music and turn your living room into a dance party.

Jump Rope

Take turns swinging and jumping with friends and family.

Family Challenges!

Take the stairs instead of the elevator. Leave your stroller at home and walk together!

Good-for-the-Heart Recipes

Breakfast

Add fat-free or low-fat milk and apple slices to instant oatmeal for a filling, fiber-loaded, heart healthy breakfast.

Lunch

Add slices of avocado to a turkey sandwich

Snack

Have a cup of fresh fruit instead of a bag of potato chips.

Dinner

For a healthy stir-fry, heat 1 tablespoon of vegetable oil in a pan, add chicken strips and cut up vegetables.