

February 2020



Hi everyone! I'm so excited, it's **February, American Heart Month!**

That means all month long we'll be celebrating our hearts and continuing to do things that keep our hearts healthy. We learned that our heart helps to pump blood throughout the body and that that we need to **do 60 minutes cardiovascular activity each day**. This means we are playing, running, swimming, riding our bikes or doing fun things that use the big muscles in our arms and legs. We should also make sure we are fueling our heart with healthy foods, plenty of fruits and vegetables and not too many sweets!



We talked to our friend and Glide's pediatrician, Dr. Audey Lewis Veach, about what kids should do to keep their hearts healthy. Dr. Lewis Veach said *"most children start out life with healthy hearts and it's important to establish healthy habits early to keep them that way."*

Pediatric cardiovascular health can be broken down into three major categories:

1. Know your risk factors- high cholesterol, obesity, diabetes, high blood pressure, genetics, etc.
2. Get (and keep!) moving-a least 1 hour of physical activity time most days of the week, limited screen time with no devices in bedrooms, and family movement activities.
3. Eat (and drink!) smart-offer children a variety of foods, ½ the plate should be fruit and vegetables, hide veggies in meals, shoot for 5 servings of fruits and veggies throughout the day.



To read more information from Dr. Lewis-Veach, visit [Blue's Blog online](#).

To celebrate everything related to your heart, **Happy Valentine's Day!** Love your heart today and all month long by eating right and staying active. Check out some healthy recipes for kids and activity ideas on our [Be Active Kids Pinterest page](#). Follow us on [Facebook](#) to check out our weekly posts and resources for more activities to keep you moving!

Keep loving your heart by staying active and eating healthy foods. Share your pictures and ideas on Facebook, Twitter, and Instagram using **#caughtbeingactive** and **@beactivekids** See you in March for National Nutrition month!