

## February

Hi everyone! I'm so excited, it's **February, American Heart Month!** Do you know what that means? It means we get to celebrate our hearts. Our hearts are located a little to the **left of the middle of our chest** and it is about the **size of your fist**. Our hearts **beat about 72 times a minute**, pumping blood to the rest of the body. The blood carries oxygen (and other nutrients) needed by the body to work.



In order to stay healthy, we need to keep our hearts healthy by being active and eating nutritious foods. To keep our hearts healthy, we should all be active for about 60 minutes a 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!

The Be Active Kids Clubhouse Team loves to keep our hearts healthy by being active and having fun. A few activities we like to play to get our hearts healthy are Swat the Fly, tag, and riding our bikes and trikes. Also, we share information about the heart in our Be Active Kids Movement Guide on pages 16 and 17. Any activity found in the guide that has a heart on the right side in the tab are heart healthy activities as well. We love to get moving and make our heart healthy!



Heart Check, pg 16



Where is My Heart, pg 17

Friendly Avenue, Greensboro, NC



You're probably thinking I forgot that February is also when we celebrate Valentine's Day, but I was saving the best for last. We like to use such activities as dancing to the [Cupid Shuffle](#), [Valentine Tag](#), and the [Heart Healthy Exercise Game](#) when we are playing with friends to help them celebrate Valentine's Day the healthy way. The Clubhouse Team not only likes to celebrate the day by being active, but we like to fuel our bodies with healthy snacks on Valentine's Day as well.

We like [heart-shaped fruit kabobs](#), [Valentine's Snack Mix](#), and [Valentine's Tic Tac Toe](#). We have fun enjoying one of our favorite holidays by being active and eating healthy together!

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