

*Dear Parents/Guardians~*

*Your children have been learning heart disease prevention this year at Knollwood School. We have been calling these ideas “Healthy Heart Tips.”*

*The following suggestions are some guidelines to keep you and your children “Heart Healthy” for many years to come.*

*Thank you for taking such good care of your children.  
I welcome any questions or comments.*

*Warm Regards,*

*Patty Allocca*

*Certified School Nurse, RN, LCSW, PhD*

### **Healthy Heart Tips**

1. Fruits and vegetables are full of vitamins, minerals and fiber. They will also help you to manage your weight and decrease the workload on your heart. It is recommended that you eat five servings of fruits and vegetables every day.
2. Drink water with every meal and with snacks. Drinking water helps to remove toxins from your body and makes it easier for the heart to pump blood throughout your entire body. It is recommended that you drink half your bodyweight in ounces of water.
3. Your heart is a muscle and just like your muscles need protein to grow and function, your heart needs protein to function. Eating protein will also give you a boost of energy to exercise, and to feel better overall. It is recommended that you eat 3 servings of protein a day.

4. Exercise 60 minutes a day. You can break that up into smaller segments (ex 15 min x 4, 20 min x 3) Exercising keeps your heart strong and healthy, and keeps your weight down, which makes it easier for your heart to pump. It is recommended that you exercise for 60 minutes a day.
5. Breathe slowly and deeply 10 x throughout the day. Helps your heart to feel calm and relaxed. Your heart feels so much better when it's in a peaceful body, which makes it easier to pump the blood around your body.
6. Laugh. When you laugh, you raise your endorphin levels, which is your body's natural "happy" hormone. This makes the blood vessels leading to and from your heart relax, which makes it easier for your heart to pump.
7. Sleep at least 10 hours every night for school age children. Keeps your heart in good working order and lowers your blood pressure, which decreases the workload on the heart. And makes you feel good over all.
8. Have fun with friends. Join a club, do an activity. Having fun with friends make you heart feel good and actually makes it easier for your heart to pump.
9. Avoiding foods and snacks that are fried (i.e. potato chips, french fries) These foods are full of saturated, trans fats, and salt, which over time can make your heart tired, and Make your body tired. Replacing these food items with fruits and Veggies is a great idea.
10. Think about 10 things that make you happy every day. Use a finger For each Idea. This will increase your "happy" hormone and help your Heart feel peaceful, calm and relaxed. Which will slow down your heart lower your blood pressure.
11. Minimize concentrated sweets and sugars. This will help you feel energized and keep you from craving foods that aren't good for you.