

Making the Healthy Choice the Easy Choice



Coordinated health in February focuses on strong bodies!

Much of good health depends on lifestyle. When children develop a healthy lifestyle they reduce their risk for heart and cardiovascular disease. According to the American Heart Association about 15% of American children and teenagers are overweight.

This month the PE teachers collaborate with the American Heart Association to raise heart health awareness through events such as Hoops for Heart and Jump Rope for Heart. Teaching children to move and stay fit through fun! The American Heart Association recommends “Get the whole family active. Plan time for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide and go seek. Everyone will benefit from the exercise and time together.”

National Wear Red Day is February 3rd. Keep your heart healthy with proper nutrition and exercise, and maintain regular check-ups with your doctor/pediatrician. Have your blood pressure, cholesterol, and resting heart rate checked regularly. Know Target Heart Rate for exercise. More information can be found at the American Heart Association websites, www.heart.org and through the American Red Cross www.redcross.org.

February is also National Dental Health Month. Healthy teeth and gums are important for many reasons. Teeth bite, tear and chew food when you eat. Teeth also help you speak clearly. Many of the letters of the alphabet cannot be sounded without the help of teeth. Clean healthy teeth help you keep the rest of your body healthy, too. A sparkling smile always helps you look and feel your best! Your child may report that they have had a local dentist visit their classroom this month.

Access more English and Spanish healthy teeth tips and fun at www.adha.org/kidstuff/facts.htm

National School Counseling Week is February 7-11, 2012. Our counselors help our students with academic and social responsibilities. Recognize your counselor this week!



Visit the City of McKinney for more health fitness ideas.

www.mckinneytexas.org/getfit

Yours in Health,