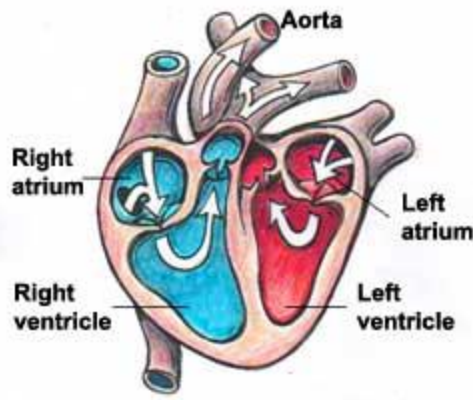


Your heart beats about 90 times per minute....  
There are 1,440 minutes in a day. Your heart beats around 129,600 times per day!



Take care of your heart so it can take care of you!

At 70 beats a minute, your heart moves up to 2 gallons of blood per minute, and up to 2,000 gallons per day! In your lifetime, your heart will pump about 52 million gallons of blood!



Your heart pumps about  $\frac{1}{4}$  cup of blood with each beat. An average kid pumps about 1,000 to 1,500 gallons of blood each day! That's enough to fill a small swimming pool!!!!

## Heart Health Facts for Kids



\*If your doctor says it OK, you should exercise at least 60 minutes a day to keep a healthy heart. Exercise includes things like walking, running, jumping, climbing, swimming, sports, and more

\*You can help your heart by not eating foods with saturated fat. Doctors say this is bad fat because it will clog up your arteries, veins, and heart valves.

\*Eating a diet that includes plenty of fruits and vegetables (not French fries!) . Each meal should contain at least one fruit or vegetable.

\*Limit the amount of sugar you eat AND drink. Pop and juices have a LOT OF SUGAR and can lead to heart problems. You should only eat or drink 6 to 9 teaspoons per day. ONE SODA HAS OVER 9 TEASPOONS OF SUGAR IN IT!!!!

\*If you are not allergic, eat lots of nuts and fish (like salmon....not fried fish!). They have omega-3 fatty acids which are very good for your heart.

\*Stay active. You need to get up and move around for 10 minutes of every hour you sit. (P.S. Tell your teacher that, too!)

\*Have regular doctor visits. If you have any problems (like if you have trouble breathing while walking up the stairs) you need to tell your doctor.