



School Nurse News

St Johns Public Schools
February 2014

**February is
Heart Health Month!**



EVENTS

Sunday, February 2nd/ 9-noon
**“Choosing Health Walking
Society” launch.**

At Fitzgerald Park, 133 Fitzgerald
Park Dr., Grand Lege
Visit www.cphlansing.com

Friday, February 7th
National Wear Red Day
and from **6-8 PM**

Family Fun Fitness Night
At Letts Community Center, in
Lansing

Saturday, February 15th
10-noon

**Healthy Eating... Let's Make
Healthy Snacks!**
At the Lansing Mall, Macy's Wing

Saturday, February 22nd
10-noon

**Strength, Balance and Endur-
ance- Tips and Tools!**
At the Lansing Mall

Keeping Your Heart Healthy

You can keep your heart healthy by exercising in different ways! Ride bikes with your friends after school, go ice skating, or play hopscotch on the playground. You can jump rope, go swimming, or even go for a hike on a trail in the park. Another fun idea is to join one of your school's sports teams, like basketball, volleyball, football, or soccer! Any time you are up and moving helps you to stay physically active and make your heart, bones, and muscles strong.

February is Also Dental Health Month!

Remember to brush your teeth at least two times a day! You can do this right after breakfast and then before you go to bed at night. To make sure that you're brushing your teeth for a long enough time, you could pick a song that is two minutes long and sing it while you brush your teeth. Another idea is to get a timer for your bathroom and set it for two minutes when you brush your teeth. You can use the first minute to brush your top teeth and the second minute to brush your bottom teeth!



Happy Valentines Day!

Here are five healthy ideas for Valentine treats this year!

- Cut watermelon into heart shapes and make melon kabobs.
- Make a pink strawberry banana smoothie.
- Make a heart shaped sandwich for lunch.
- Cut cheese into heart shapes for a nutrient packed snack.
- Make apple slices into heart shapes and serve with a fruit dip.



Five Heart Healthy Foods



1. Almonds These nuts provide a rich source of cholesterol-lowering sterols.

2. Apples Apples (and their skins) contain soluble fiber, the kind that scrubs artery walls clean. Cut one up and mix it into your oatmeal.

3. Beans Substituting a vegetable patty for a beef burger and topping your salad with edamame or kidney beans instead of chicken tenders a couple of times a week.

4. Blueberries an antioxidant found in blueberries, can stimulate liver cells to better break down fat and cholesterol, according to USDA scientists.

5. Fish Two weekly servings of fish, like salmon, can lower LDL by 20 percent.

Did you know that....

- Every day our hearts beat about 100,000 times sending about 2,000 gallons of blood through your body!
- There are about 60,000 miles of blood vessels throughout your body!
- The heart of a man weighs 2 ounces more than the heart of a woman!
- Laughing is actually good for your heart! When you laugh really hard it makes more blood flow through your veins.
- The sixth sick sheik's sixth sheep's sick is the hardest tongue twister in the English language. That should get a good laugh

