

# Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas

February: National Heart Month

## Adopting a Healthy Lifestyle

Adopting a healthy lifestyle is the key to preventing heart disease—and the earlier healthy habits are embraced, the better. In addition to avoiding tobacco, experts point to three key areas that should be addressed when building a foundation for a heart healthy future:

**1. Good nutrition.** Choose foods low in saturated fat, trans fats, cholesterol and sodium, and eat plenty of fruits, vegetables and whole grains.

**2. Maintaining a healthy weight.** Being overweight or obese are risk factors for many chronic diseases, including heart disease. Excess body fat can lead to inflammation, high blood pressure, high cholesterol, high triglycerides, and elevated blood sugar.

### 3. Regular physical activity.

Exercise associated with weight loss can help improve cholesterol and triglyceride levels. Adults can benefit from just 30 minutes of increased physical activity daily. Children and adolescents should aim for 60 minutes.

### Did You Know...

♥ By eating a buttery spread (soft or tub margarine) instead of butter, the average person will save a minimum of 1196 grams of saturated fat per year.

- ♥ Whole grains derived from wheat, rice, corn or oats can reduce the risk of heart disease, help to manage weight, and reduce the risk of certain cancers or diabetes.
- ♥ Walnuts were the first whole food to receive a health claim from the FDA.
- ♥ Don't drink your calories—drinking liquids with sugar can lead to weight gain and can increase triglyceride levels. This is true of ice cream, as well.

Source: Family at Heart.org



February 2017

## Valentine Day Heart Healthy Ideas!



Strawberries, blueberries and kiwi on a heart shaped plate.



“Let’s stick together”—string cheese with a cute note.



“Peel the love”— Valentine Cuties.

Source: <https://www.pinterest.com/ccaofkansas/valentine-day-heart-healthy-ideas/>

## Making Healthy Choices

Living healthy doesn't necessarily mean you have to become a marathon runner. The biggest part of living healthy comes down to simply making healthy choices. And don't start thinking that being healthy means missing out on all the good stuff! Healthy choices can be just as satisfying as the unhealthy ones. But you have to learn which choices are healthy and which ones aren't. Celebrate Go Red month by learning more about living healthy.



For more information check out: <https://www.goredforwomen.org/home/live-healthy/>

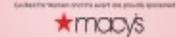


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## National Wear Red Day®

Friday, February 3, 2017



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### Heart Hopscotch: An Active Valentine's Day Learning Game

There are a lot of different versions of hopscotch you can play...you could even make up your own!

#### Directions:

1. Draw hearts on cardstock.
2. Add numbers, shapes, or letters.
3. Tape the paper to the floor with painter's tape.
4. Provide plastic lids or a toy for each child.

#### Playing the game:

Have the children throw down the lid or toy and encourage them to try to jump over the number it lands on. You can use this game to practice identifying and saying the names of the numbers, colors, or shapes while the children are hopping. Add a challenge for older children—have them add up all the numbers on the spots as they go.

Source: [toddlerapproved.com](http://toddlerapproved.com)

#### Healthy Eats

#### Chocolate– Banana Grahams

##### Ingredients:

- 1 square graham cracker, broken into 2 rectangles
- 1/2 teaspoon Nutella
- 2 slices banana, about 2 inches long
- 1/2 teaspoon shredded coconut, toasted if desired, divided

##### Directions:

Spread each graham cracker piece with 1/4 teaspoon Nutella and top with a slice of banana and a sprinkling of coconut.

##### Nutrition:

Per serving: 71 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrates; 4 g added sugars; 1 g protein; 1 g fiber; 46 mg sodium; 94 mg potassium.

Source: *Eating Well*

