

Want a Healthy Heart?



- **Eat Well:**

- Eat more often as a family at home.
- Making healthy food choices is one of the most important things you can do to protect your family's health.
- Planning ahead when cooking can help you and your family eat better, save time and spend less money.

- **Get moving:**

- Make exercise part of your family life.
- When physically active every day, your child will feel more alert and ready to learn.
- For optimal health benefits, here are the Canadian Physical Activity Guidelines:
 - 0-4 yrs : 180 minutes **per day** of any intensity (ex: tummy time, crawling, walking, playing)
 - 5-17 yrs: 60 minutes **per day** of moderate to vigorous activity (ex: brisk walking, skipping, free play or any sport)
 - 18 yrs and older: 150 minutes **per week** of moderate to vigorous activity (ex: skating, snowshoeing, brisk walking or any sport)

- **Manage stress:**

- Recognize the stressors. Listening and talking to your child may help identify his/her concerns or worries.
- Use positive coping methods to help reduce stress such as deep breathing, going to a quiet place, exercising, listening to music, reading, writing, counting to 10..

Did you know...

Eating well, being physically active and managing your stress will help maintain a healthy weight and a healthy heart throughout life!

For more info visit:

<http://www.heartandstroke.ca/get-healthy/stay-active>

http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Handbook.pdf

