

February 2006 YOUTH Health Bulletin

This publication compiled and edited by the H.E.E.L. Program
(Health Education through Extension Leadership) Staff



HEALTHY HEART, HAPPY HEART!



February is Heart Month

It is the time we celebrate and honor our relationships with those we love. It is that time of year we put our feelings of appreciation and gratitude into words and action. As well, it is the time of year that we think about our heart's health. What that means is we think about our heart as a place of love as well as the organ of the body that beats, pumps blood, and even races when we exercise or when we see that certain someone walking toward us. It is vitally important to take good care of both the loving heart and the physical heart.

Exercise is very important for the heart organ. We need to move our body everyday in ways that are fun.

We can run, dance, play sports, swim. We can get out into nature and do a great hike for our hearts. The foods we eat can make a difference in the health of our heart. We need to eat lots of fresh fruits and vegetables.

Have you made or found your valentines yet? Parents, grandparents, friends and other significant people in our lives appreciate homemade valentines. It takes some extra effort and creativity to show those we love and care about some kindness and consideration.

Our relationships are what give our lives meaning. When we take the time to show someone that we are thinking about them, we strengthen that relationship and

that causes us to feel lighter and happier. It makes our heart feel better, both literally and figuratively.

So take good care of your beating heart. Keep it strong and healthy. While you are doing that, make sure you keep it open and feeling your feelings. Trust your heart to be light and happy. Have you ever heard the term "light hearted"? That is something to which to pay attention.

So enjoy heart month. Get some exercise. Eat more fruits and vegetables. Have a little chocolate as a treat. Make some valentines. Tell the people you love how you feel. When we treat our heart with respect and appreciation, it will treat us better by becoming healthier, lighter and even happier!



The best and most beautiful things in the world cannot be seen, or even touched, they must be felt with the heart.

Helen Keller



If you don't have love in your heart, you have the worst kind of heart trouble.


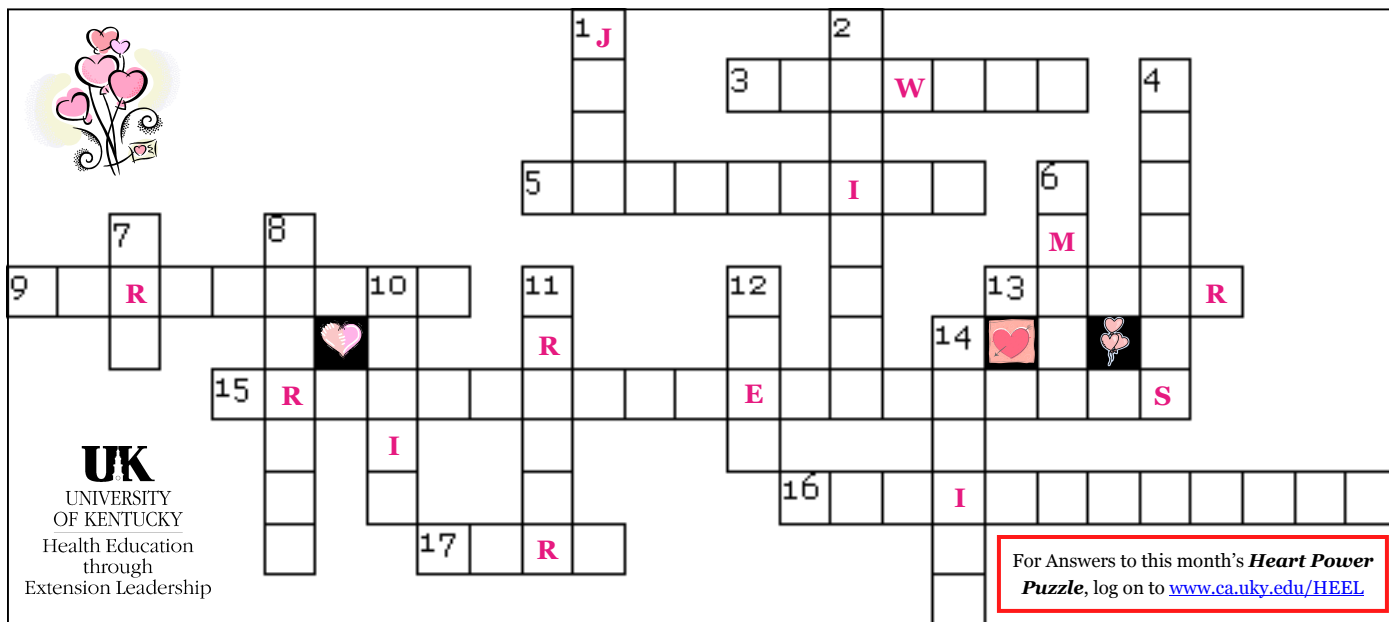
Bob Hope

Amazing Heart Facts

- ♥ The heart pumps about 1 million barrels of blood during an average lifetime--that's enough to fill more than three super tankers.
- ♥ Your body has about 5.6 liters (6 quarts) of blood. These 5.6 liters of blood circulates through the body three times every minute. In one day, the blood travels a total of 19,000 km (12,000 miles)--that's four times the distance across the U.S. from coast to coast.
- ♥ The aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes ten of them to equal the thickness of a human hair.
- ♥ Give a tennis ball a good, hard squeeze. You're using about the same amount of force your heart uses to pump blood out to the body.
- ♥ Your heart beats about 100,000 times in one day and about 35 million times in a year. During an average lifetime, the human heart will beat more than 2.5 billion times.

HEART POWER PUZZLE

Celebrate the amazing power of your heart! Solve this Criss Cross Puzzle to discover some things you can do to treat your heart with respect and appreciation in February, in honor of **Heart Month**, and the whole year through!

UK
UNIVERSITY
OF KENTUCKY
Health Education
through
Extension Leadership

For Answers to this month's **Heart Power Puzzle**, log on to www.ca.uky.edu/HEEL

Across

3. A friend you can build in the snowy weather!
5. Examples of this include dancing, walking, skating, riding your bike, swimming, mowing the lawn, sweeping, and taking a hike! There are many, many more ways to do this.
9. Build one for your feathered friends.
13. Drink this instead of soda or other sweetened drinks.
15. Eat more of these for a healthier heart!
16. Source of positive motivation.
17. A nice place to go with a friend.

Down

1. Tell this to make someone laugh!
2. A great way to think.
4. You can grow them, cut them and give them to your mother to show her your love.
6. A quick way to let someone know you are thinking of them.
7. Create this from your heart.
8. Write this because you love yourself.
10. A way to show people around you that you are a happy, healthy person.
11. You can say this for people you do and don't like.
12. Write this for someone you love!
14. Make a healthy dinner for these people.

Get it? When we show love and appreciation for others, we honor our own hearts and well-being! Have a Happy Heart Month!

Get Moving Kentucky!
Monthly Tip for YOUth!

Cardiovascular exercises are those that improve the health of your heart and get it pumping. Things such as jogging, jump rope, basketball, soccer and dance are all cardiovascular exercises. Be sure to fit in lots of heart healthy exercise throughout your week.

This month's edition of the **YOUth** Health Bulletin prepared by:

Carol Whipple, M.S.,
Extension Health Specialist

UK Cooperative Extension
Health Education through Extension
Leadership Program.

Sources:

- ♥ American Heart Association. Accessed January 2006 www.americanheart.org
- ♥ UK Cooperative Extension, *Universe of Possibilities™—Heart Intelligence*. Accessed January 2006 <http://www.ca.uky.edu/fcs/possibilities/index.htm>