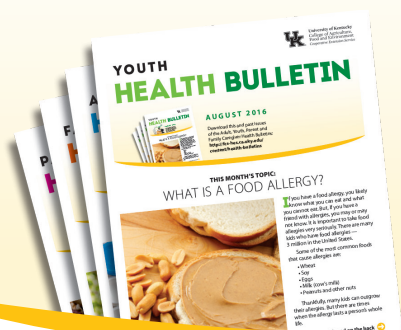




YOUTH HEALTH BULLETIN



FEBRUARY 2020

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THIS MONTH'S TOPIC: HEALTHY HEART

Surprisingly during Valentine's Day, on the holiday devoted to love, and the month of February, our hearts tend to be forgotten. With Valentine's Day just around the corner, it is a great time to learn and take care of your heart. Hearts are amazing! Have you ever wondered how the heart keeps beating? How fit it must be! And what an important job it has to keep you alive.

Here are some of the awesome things your heart does for you:

- The heart usually beats 60 to 100 times per minute, but it can go faster.
- There are approximately 100,000 heartbeats a day. That equals more than 30 million beats per year.

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Avoid sugary soft drinks and fruit drinks.

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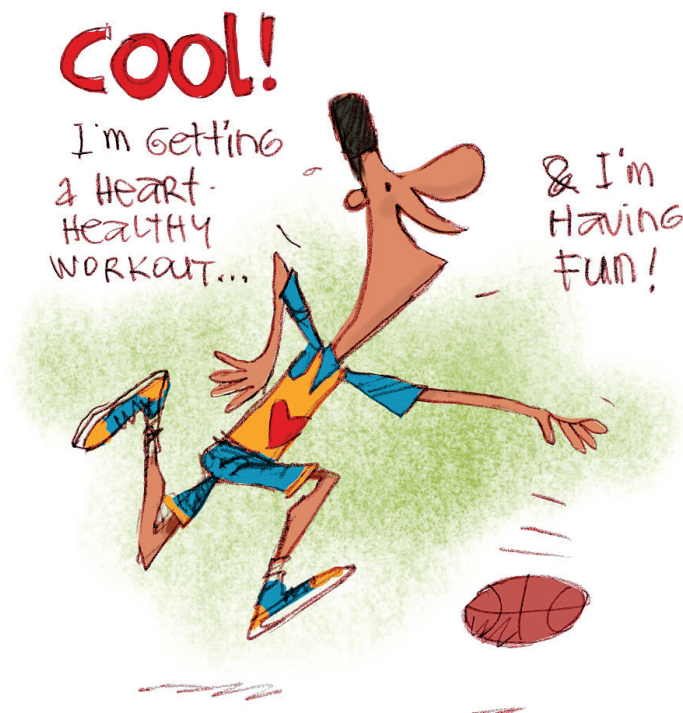
- Every minute the heart pumps about 1.5 gallons of blood.
- The size of your heart is about the size of your fist.

The heart is a busy muscle. Its main job is to pump blood so that it flows throughout the body. The heart gets messages from the body that tell it to pump more blood or less blood to meet the needs of your body. For example, when you are active or scared, your heart beats faster. When you are sleeping or relaxed, your heart beats slower.

Most kids are born with a healthy heart, and it is important to keep yours in good shape. Your heart pumps and pumps all day long.

There are a couple of things that you can do to help keep your heart happy:

- Your heart is a muscle. If you want your heart to be strong, you need to exercise it. Try being active every day for an hour like jumping rope, dancing, or playing basketball.
- Eat a variety of healthy foods. Try to eat at least five servings of fruits and vegetables each day. Avoid sugary soft drinks and fruit drinks.



Check your heart

Even though your heart is inside you, you can still check on it to see if it is working. It is called your heart rate, also known as a pulse. You can find your pulse in two places, either on the side of your neck or on the inside of your wrist, just below the thumb. You'll know that you've found your pulse when you can feel a small beat under your skin. When you run around a lot, your heart pumps faster to supply the oxygen-filled blood that your body needs. You may even feel your heart pounding in your chest. It can be fun to check your heart rate when resting. Then try running in place or jumping rope for a few minutes and taking your pulse again — now how does your pulse feel?

Valentine's Day is a day to celebrate the ones you love and let them know how much you care. What better way to celebrate than sharing with your family how cool your heart is. You can even pick healthy treats to eat! Or go outside and be active with friends and family!

REFERENCES:

- <https://kidshealth.org/en/kids/heart.html>
- https://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyDietGoals/Heart-Healthy-Valentines-Day-Tips_UCM_322023_Article.jsp

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