

February 2022

## Self-Care for a Healthy Heart

Did you know February is American Heart Month?!

This year, let all that pink and red be a reminder to take care of you! Heart health begins with self-care. Not sure where to start?

Here are a few heart-centered tips:

1. Schedule your yearly physical
2. Get 30 minutes of exercise daily
3. Limit sodium and unhealthy fats
4. Sleep 8 hours per night
5. Manage stress with mindfulness practices like yoga, meditation, or favorite hobbies!



## Be Kind!



Like the Conversation Hearts say, Be Kind!

Not just on Valentine's Day, but every day, we can share the love in our families, with friends, at school and work, and in our community. This month, help your student look for opportunities to Be Kind.

Here are some easy ways to get started:

- Write a handwritten note for a teacher or staff member
- Invite someone new to play or sit at lunch
- Bake cookies for a neighbor or shovel their driveway
- Paint a kindness rock and hide it in a local park
- Schedule a volunteer shift at a local non-profit



Sources: 1 <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/self-care-tips-heart-health>  
2 <https://extension.psu.edu/health-benefits-of-tomatoes>  
<https://www.health.harvard.edu/blog/will-eating-more-chilis-help-you-live-longer-2020121021555>  
<https://www.webmd.com/diet/ss/slideshow-why-beans-are-good-for-health>



## Feeling Chili?

Cold winter months mean hot, simmering soups... Like chili!<sup>2</sup>

February 24th is National Chili Day and we think you should celebrate! Why? Chili features several heart-healthy super foods like tomatoes, peppers, and beans. Each of these ingredients is packed with antioxidants, vitamins, and even fiber to support a healthy heart. Start with a low-fat option like ground turkey or chicken and you have a protein-packed dinner that's sure to please even picky eaters!

