



2021 Healthy Heart Week Elementary Announcements

Monday: This week, we are celebrating Healthy Heart Week. Today's healthy heart tip is **"Get Active."** Your heart is a muscle, and it gets stronger and healthier with daily physical activity. Participating in at least 30 minutes of moderate physical activity a day five times per week helps lower your risks for heart disease, stroke, and diabetes. Students can use PE Class, Go Noodle, or WOW Time to be active and strengthen their hearts! This month, staff can participate in the Sweetheart 5k a Day Challenge sponsored by the Employee Wellness Department; by walking a minimum of 5,000 steps a day. To learn more about the challenge, contact Stephanie Hawkins, AISD Employee Wellness Coordinator. Friday, we will participate in a district-wide Coordinated School Health Event. **It is National Go Red Day; so, wear red Friday for our district-wide Coordinated School Health Event.**

Additional Healthy Heart Week Teacher Resources:

[Recommendation for Physical Activity for Kids Infographic](#) - American Heart Association

Tuesday: "Today's Healthy Heart Tip is **"Eat Well."** Healthy foods are the fuel our bodies need to make new cells and provide energy for us to live well and fight diseases. When eating healthy, think of a rainbow. The more colorful the food is on a plate, the more vitamins and nutrients your body receives. Don't forget about your GO, SLOW, and WHOA foods too. Students and Staff are encouraged to enjoy a colorful heart-healthy salad today. **Don't forget to WEAR RED on Friday!**

Additional Healthy Heart Week Teacher Resources:

[GO, SLOW, & WHOA Foods Handout](#)- National Heart, Lung, and Blood Institute



2021 Healthy Heart Week Elementary Announcements



Wednesday: Today our Healthy Heart Tip is about **"Being Kind to Yourself."** Many of you have felt overwhelmed by the pandemic and all the changes it has brought to your life. When you start to have those feelings, we want you to do a loving-kindness meditation. This mediation is a way to practice feeling unconditional compassion for ourselves and all beings. How does this work? Sit quietly and direct kindness and love to yourself, then expand in circles of compassion outward to others. For example- Direct kindness and compassion to yourself by repeating a thought like, "May I be happy." "May I be loved." "May I be healthy and strong." Start with just a few minutes and gradually extend your time. Try it today and see if loving-kindness meditation can bring more happiness and well-being to your life. **We'll be celebrating Heart Health by wearing red Friday.**

[Additional Healthy Heart Week Teacher Resources:](#)
[Loving-Kindness Mediation-](#) American Heart Association

Thursday: Today our Healthy Heart Tip is **"Be Kind to Others"** by practicing gratitude. With everything that is going on in the world today, showing gratitude and kindness to others is more important than ever. Here are some ways that you show gratitude. Sending a virtual hug to some you admire and appreciate. Writing a thank you note to a family member or friend. "Gratitude is good medicine," says Robert A. Emmons, Ph.D., a psychology professor at the University of California, Davis. Practicing gratitude can have dramatic and lasting effects on a person's life. It can lower blood pressure and improve



2021 Healthy Heart Week Elementary Announcements

immune function. Being grateful is the gift that keeps on giving. **Let's all remember to wear red tomorrow to celebrate National Wear Red Day!**

[Additional Healthy Heart Week Teacher Resources:](#)
[Simple Ways to Practice Gratitude](#) - American Heart Association

Friday: Our Healthy Heart Tip is to **"Go Red."** Today, we wear red to raise awareness about heart disease and save lives; because when we come together, there's nothing we can't do. It's important to keep your heart healthy by being physically active, eating well, and being kind to yourself and others. By practicing these healthy habits, you can lower your risk for heart disease no matter what age you are. Remember to share your group pictures on Twitter using the hashtags: **#AISDGoesRed2021, #BeWellDoGood, and #AISDHasHeart**



American Heart Association.
Healthy for Good™

Physical Activity Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?



Be Active

Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.



Learn & Grow

Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.



Go Play

Encourage preschool-age children (ages 3-5) to engage in active play as well as structured movement. A good goal is about **3 hours per day** of a variety of activities (light, moderate and vigorous).



Fit in 60+

School-age kids and teens (ages 6-17) should try to get at least **60 minutes per day** of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.



Live Healthy

Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.

Sit less and move more.

Learn more at heart.org/movemore.



Recomendaciones de actividad física para niños

Los niños activos tienen más posibilidades de vivir una vida adulta saludable.
¿Cuánta actividad necesitan?



Estar activos

Los niños deben estar activos a lo largo del día. Cuando sea posible reemplacen el comportamiento sedentario por actividad.



Aprender y crecer

Los niños activos tienen mejor salud ósea, salud física, función cerebral, atención y desempeño académico. Se mantienen en un peso saludable y tienen menos síntomas de depresión.



Salir a jugar

Motiven a los niños de preescolar (3-5 años) a jugar de manera activa y con movimientos estructurados. Una buena meta son **3 horas al día** con una variedad de actividades (ligeras, moderadas y vigorosas).



Sanos en 60+

Los niños y jóvenes de edad escolar (6-17 años) deben intentar hacer por lo menos **60 minutos al día** de actividad de intensidad de moderada a vigorosa. Pueden dividir el tiempo en sesiones más cortas durante el día.



Vivir sano

Mantengan a los niños activos en casa y en la escuela. Hay que apoyar la educación física, las comunidades donde se pueda caminar y los lugares seguros para jugar. Su salud futura depende de eso.



Senarse menos y moverse más.

Conozcan más del tema en heart.org/movemore.



We Can! GO, SLOW, and WHOA Foods

Use this chart as a guide to help you and your family make smart food choices.

Post it on your refrigerator at home or take it with you to the store when you shop.

Refer to the *Estimated Calorie Requirements* to determine how much of these foods to eat to maintain energy balance.

- **GO Foods**—Eat almost anytime.
- **SLOW Foods**—Eat sometimes, or less often.
- **WHOA Foods**—Eat only once in a while or on special occasions.

Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
			
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with <i>trans</i> fats; sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Fats/Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages	Water, fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirements.

**Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions, to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the 2,000-calorie level handout)



Loving-Kindness Meditation



Loving-kindness meditation is a way to practice feeling unconditional compassion for ourselves and all beings. Some studies suggest it can help boost your empathy and feelings of connection and reduce bias, anger, depression and anxiety.

How does it work?

Sit quietly and direct kindness and love to yourself, then expand in circles of compassion outward to others.

1



Yourself:

Direct kindness and compassion to yourself by repeating a thought like, "May I be happy."

2



Family and friends:

Direct your kindness to someone you love or care about by repeating, "May _____ be happy."

3



Someone neutral:

Think about someone you feel neutral about, like a coworker, neighbor or acquaintance and direct your compassion to this person by name.

4



Someone difficult:

Think about someone you dislike or have a tough time being around. Direct your kindness to this person by name.

5



Group:

Think about all of these people together and equally direct your kindness to all of them, "May they be happy."

6



Everyone:

Finally, direct your kindness everywhere. "May all beings everywhere be happy."

You can change up the thought or phrase or combine words, such as:

• May I be at peace.

• May I be loved.

• May I be healthy and strong.



Start with just a few minutes and gradually extend your time. Try it today and see if loving-kindness meditation can bring more happiness and well-being to your life.



American Heart Association®

Healthy for Good™

SIMPLE WAYS TO PRACTICE GRATITUDE



We all could use a little more positivity & encouragement, especially when starting something new. Below are quick & easy ways you can jump-start your journey to becoming Healthy for Good. Don't forget to post your progress on social media so we can cheer you on!

- Kick off the day by writing down a hobby or special interest you've picked up this year & celebrate how far you've come. You deserve it.
- Find three things you love about yourself & write them down. Then stand in front of a mirror & read them out loud. Feels pretty good to love yourself, doesn't it?
- Beauty can be found in the most unlikely places. So today, stop, look around & capture a mental (or actual) snapshot of the beauty you see.
- If something frustrates you today, hit your pause button. Take a breath & reframe the moment by focusing on what IS going your way. A little positivity goes a long way.
- When's the last time you celebrated all the amazing things your body can do? Take two minutes to really think about it, then store those happy thoughts for a rainy day.
- Start your day with a smile, even with an early phone alarm by renaming it something like "I will live fierce today." Nothing but positive vibes all day.
- We all have flaws - we're human. Focus on one thing about yourself that to you is less than perfect. Then write a little love note about it. Because #selflove heals the soul.
- Food is its own love language, so today think of someone whose cooking warms your soul. Then tell them how grateful you are for sharing that gift with you.
- Reach out and express a little extra appreciation to someone. Be specific & intentional with your love - you just might make their day.
- Think of someone who has cheered you up during the pandemic. Write them a note or send a funny text. Who doesn't love a good meme?
- The past year has been hard. So today, focus on someone who might really be struggling. Offer to pick up groceries or call a loved one just to check in.
- Read a good book recently? Pass it on to a friend or loved one — or even a movie for nonreaders
- Send virtual hugs to someone you appreciate & promise to deliver it in person once it's safe!
- Keep a food journal today & instead of judging any of it as "good" or "bad," be grateful for every bite.
- Volunteering is good for the soul. Find two ways you can give back while staying at home
- Text someone & share three reasons you're grateful for them.
- During one meal today, put your fork down in between each bite. Slow down & savor the flavor!
- Invite someone to a future dinner in a post-pandemic world. Send a calendar invite to make it official.
- Stop for a second before a meal today. Soak up the smells, enjoy the moment & be grateful for whoever prepared it (especially if it was you)!
- Everyone has 'off' days. Think of three quick things you're grateful for and repeat them to yourself when you're feeling blue.
- Today, hit pause for a few minutes to reflect & write about how you feel after participating in this challenge. Reflect and learn - it's the only way to grow!

GET MORE WELL-BEING TIPS AT
heart.org/HealthyforGood

©2020 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited. 11/20 DS16892