

Keep Your Heart Healthy!



Интерактивная
лекция-викторина
для учащихся **8-11** классов

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**Make time to play! Ride bikes,
take a walk, go swimming or play
games outside. It is the best
way to keep your heart healthy!**



**Get a
Healthy
Heart**

**Keep
moving!**

All kinds of exercises are important, from strength training and aerobics, to flexibility and stretching exercises.

Aim for a 10-minute morning walk, workout with hand weights at lunch, and some digging in the garden before dinner, and you've met your goals.

**Move,
move and
keep
moving!**



**Get a
Healthy
Heart**

Believe it or not but our emotions play a crucial **role in our well-being. A positive mindset can work wonders in helping you deal with various ailments. A recent study has found that people with heart disease may benefit from maintaining positive emotions.**



**Get a
Healthy
Heart**

Be positive!

Stress is a significant villain of heart health and really any health issue. It can wreak havoc.

Avoid stressful situations and try to be calm. By the way, it's widely believed that dog owners are less prone to depression than the dog-les.

**Keep calm
and have
healthy
heart!**



**Get a
Healthy
Heart**

Excessive screen time leads to a sedentary lifestyle and constant snacking, which increases the risk for obesity and cardiovascular disease. Limit TV, computer and phone time to two hours each day.

Limit screen time !



**Get a
Healthy
Heart**

Your kitchen should be 100 percent full of whole wheat or grains, low-fat dairy products, poultry, fish and nuts. Well, drink water instead of sugary drinks. And ... cut the salt!

**Keep
healthy
options on
hand!**



**Get a
Healthy
Heart**

Eat lots of fiber. We know from the scrolls we found in the Grains section that whole wheat foods like brown rice, whole wheat pasta and whole grains bread are great sources of fiber. We also know that fresh fruits and vegetables give us lots of fiber. Don't forget tasty beans!

Eat healthy fats

Add the 'Food Rules' to Your Memory!



**Get a
Healthy
Heart**

Eat healthy fats, NOT trans fat

which is known to increase your risk of developing heart disease or having a stroke over a lifetime. They are industry-produced fats often used in packaged baked goods, snack foods, margarines and fried fast foods to add flavor and texture. So, avoid trans-fat!

**Keep track
of what
you eat!**



Dental health is a good indication of overall health, including your heart, because those who have periodontal disease often have the same risk factors for heart disease. Studies have shown that bacteria in the mouth may increase your risk of heart disease and stroke.



**Get a
Healthy
Heart**

**Practice
good dental
hygiene!**

Gaining weight is a constant threat for most people in the world of cheap, convenient, and decadent foods. And extra pounds – especially if you tip into obesity – raise the risk of a heart attack, stroke, and high blood _____

pressure

**Work Toward
a Healthy
Body
Weight!**



Sleep is an essential part of keeping your heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. Get 7 to 8 hours of sleep most nights. If you have sleep apnea, you should be treated as this condition is linked to heart disease and arrhythmias.

A red heart icon with white text inside.

**Get a
Healthy
Heart**

**Make sleep
a priority!**

Using ANY tobacco product damages nearly EVERY organ in your body and can cause heart disease and cancer. Using smokeless tobacco is NOT a safe alternative to smoking!

Don't even think about smoking!



**Get a
Healthy
Heart**

Dogs don't just fill your heart; they actually make it stronger. Studies show that having a canine companion is linked to lower blood pressure, reduced cholesterol, and decreased triglyceride levels, which contribute to better overall cardiovascular health and fewer heart attacks .

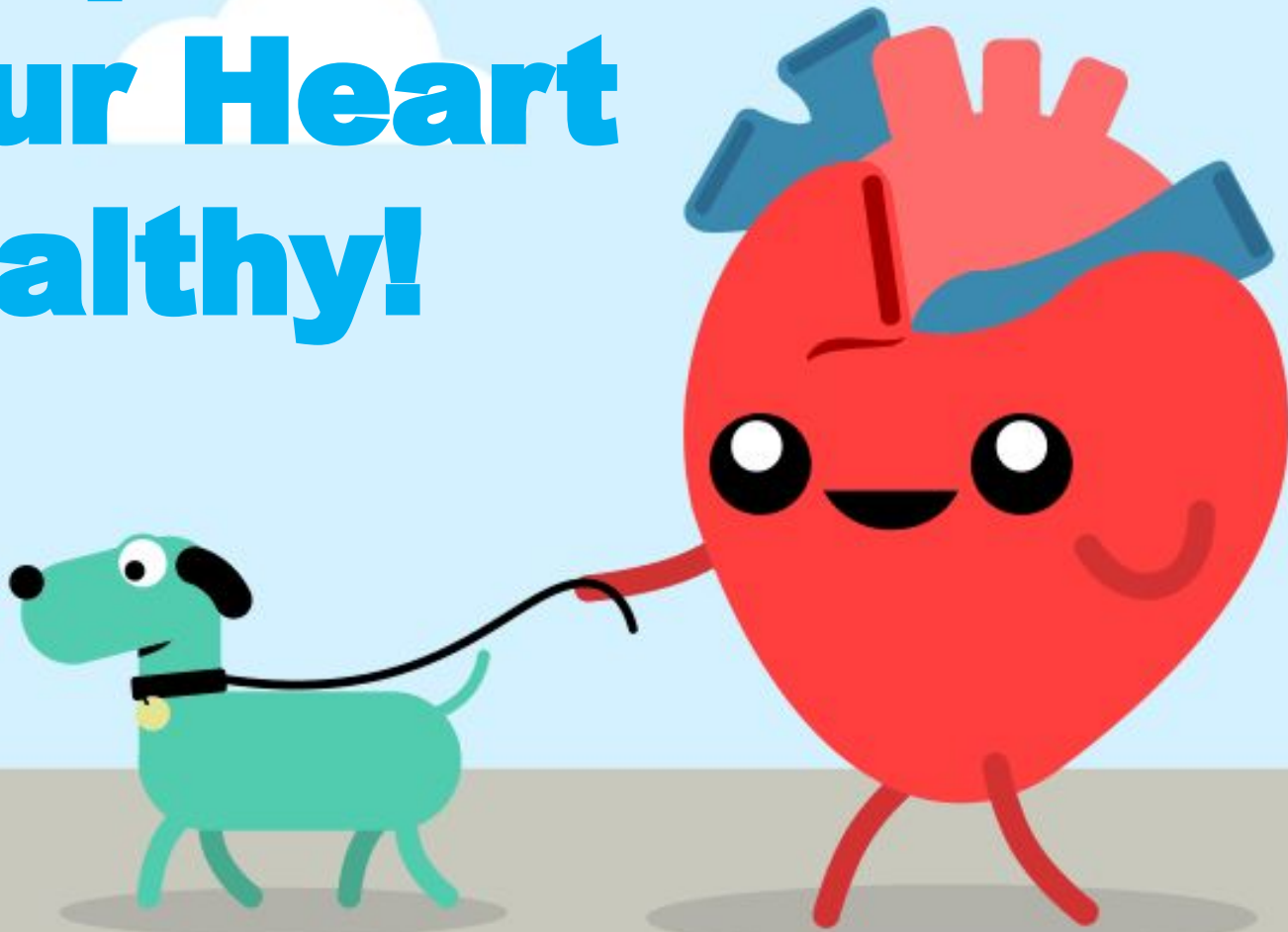


**Your Dog
improves your
heart health!**

**Keeping your heart healthy
is simple when you look at
the big picture:**

**Get exercise. Eat right.
Stress less. Watch your
weight. Don't smoke.
Get a four-legged friend**

**Keep
Your Heart
Healthy!**



Источник:

6 Simple Steps to Keep Your Heart Healthy

<https://www.webmd.com/diet/features/6-simple-steps-to-keep-your-heart-healthy#1>

5 Things to Do Daily to Keep Your Heart Healthy

<https://health.clevelandclinic.org/5-things-to-do-daily-to-keep-your-heart-healthy/>

Hey Kids, Eat a Heart-Healthy Diet

http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/LifesSimple7forKids/Hey-Kids-Eat-a-Heart-Healthy-Diet_UCM_466602_Article.jsp

Изображения:

https://thumbs.gfycat.com/ExaltedVagueFruitfly-size_restricted.gif

<https://lh3.googleusercontent.com/43eZapN-hED-7wRegUiAniZEaX6Ggid2TapA3WKYUwEopALFAF1Ftl6aAKGWzVjVtmHlyg=s85>

<https://cdn.dribbble.com/users/1277402/screenshots/4180449/heartwalk.gif>