

HEALTH PROMOTING SCHOOLS

Show some **LOVE** to your Heart!

Adapted from an **APPLE Schools** resource

HEALTH NOTE FACTS:

Healthy habits for your heart begin at a young age. Parents and guardians play an important role in helping children stay healthy. Daily physical activity and healthy eating contribute to your heart health and well-being. Let's all try our best to include it in our daily routines.

Encourage the following:

- 3 balanced meals a day that include vegetables and fruit, whole grains, and protein.
- Water as the drink of choice.
- Offer healthy snacks like yogurt, veggie sticks, and fresh fruit.
- Limit screen time and encourage outdoor play.
- Encourage activities your children love – dancing, hiking, bike riding, basketball, etc.
- Plan family outings that involve physical activity – swimming, hiking, tobogganing.
- Cook and eat together as a family

RESOURCE LINKS:

- [Healthy habits for kids | Heart and Stroke Foundation](#)
- [Heart healthy activity | Heart and Stroke Foundation](#)
- [HeartSmart Kids™ Library - HeartSmart Kids™](#)
- [24-Hour Movement Guidelines – 24-Hour Movement Guidelines](#)
- [Healthy living | Heart and Stroke Foundation](#)
- [Healthy eating resources - Canada's Food Guide](#)
- [ParticipACTION - Home - ParticipACTION](#)

Additional Tips:

Category:

Guideline:

Ideas:

Physical Activity

Aim for at least 60 minutes per day of moderate to vigorous physical activity daily, plus several hours of structured and unstructured activities

Unstructured activities:

Create an obstacle course using pillows, have a dance party, play tag, gardening/outdoor exploration, pick-up games of basketball or ball hockey.

Structured activities:

Join a sports team/intramurals, dance classes, swim team.

Screen Time

Limit recreational screen time to less than 2 hours a day

Replace screens with:

Reading books (story time for young children), puzzles, board games, walking a pet, explore the outdoors with nature scavenger hunts/hikes, gaze at the clouds/stars.

Beverages

Water should be the primary drink; limit juice and sugary drinks.

Try "Water Wednesday" challenges, take water bottle to school, let kids decorate their own water bottles, add fresh fruit/mint to water.

Snacks

Offer vegetables and fruit at two or more times per day.

Involve children in washing fruit or arranging veggie sticks into fun shapes, get teens in kitchen to prepare snacks for a week at a time, shop together at grocery store to pick out favorite veggies/fruit