



Healthy Choices Count!

FEBRUARY SHOW YOUR HEART SOME LOVE!

#HealthyChoicesCount



Healthiest State
INITIATIVE

STATE OF IOWA DEPARTMENT OF

Health AND Human

SERVICES

FIND MORE 5-2-1-0 RESOURCES:
www.iowaHealthiestState.com/5210

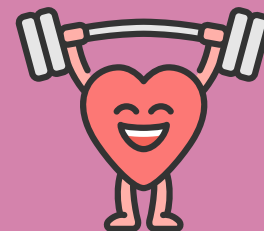


DID YOU KNOW?

Your heart affects every part of your body (there are 60,000 miles of blood vessels in your body after all). That also means that diet, lifestyle, and your emotional well-being can affect your heart. Mental and physical health are both important for maintaining a healthy heart.

STRATEGY 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- Have you, your school, or your program implemented a healthy snack policy?
- Has your school or program implemented a healthy celebration policy for children and families?



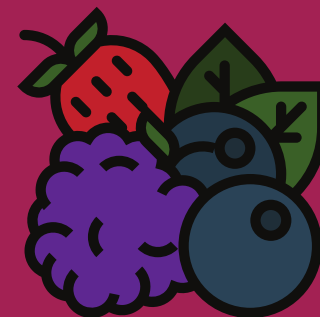
HEART HEALTHY FOOD

Sticking with a resolution is hard! That's why we've gathered these tips to help you drink more water:

[5-2-1-0 Recipe Book](#)

[5-2-1-0 Quick Snacks to Fuel Your Brain](#)

[Making Heart-Healthy Food Your Kids Will Love](#)



CELEBRATE HEART MONTH!

[Educator & Parent Resources - American Heart Association](#)

[Celebrate Heart Health Month - Action for Healthy Kids](#)

[Kids Heart Challenge Activities - American Heart Association](#)