

MORNING ANNOUNCEMENTS

HEART FACTS FOR THE MORNING ANNOUNCEMENTS

END EACH MESSAGE WITH “THIS HEART FACT IS BROUGHT TO YOU BY THE KIDS HEART CHALLENGE!”

- 1** No tobacco product—including cigarettes, e-cigarettes, or vapes is safe. They are all linked to problems with attention, moods, learning and impulse control. They can damage your lungs and cardiovascular system. The only safe option is to stay away from all tobacco products.
- 2** The heart pumps out about 83 gallons of blood each hour. That’s one hardworking organ!
- 3** The average heart beats about 108,000 times per day. That’s about 3 billion heartbeats in a lifetime.
- 4** Did you know that doing something nice for someone helps you feel good?
- 5** Capillaries are the smallest blood vessels in the body. How small are they? It takes about 10 of them to equal the thickness of one human hair.
- 6** 9 out of 10 Americans age 2 and up eat too much sodium. Watch out for sneaky sodium hiding in foods like pizza, bread and rolls, cold cuts and cured meats, savory snacks, sandwiches and cheese.
- 7** Physical activity doesn’t just build strong muscles, it strengthens your bones and can improve your emotional well-being.
- 8** Did you know a 16-ounce soda can have as much sugar as 20 sugar cubes? To burn off all the calories from just one soda, a kid has to ride a bike for about 30 minutes - watch out for those sugary sodas and sip water instead!
- 9** Eating the right amount of fruits and vegetables can be good for your heart health!
- 10** Try to eat a colorful plate with 4-5 servings of both fruits and vegetables every day.
- 11** Being kind is as simple as smiling! Did you know, it’s easier to smile than it is to frown?
- 12** Smiling reduces blood pressure too!



HEART HERO



GABRIEL, AGE 10

Gabe was born with only half of a heart and needed three surgeries to help his special heart work. While he sometimes tires out a little faster than other kids, Gabe doesn’t let that slow him down. He likes to play golf and baseball and he enjoys fishing and taking his dog for a walk. He also plays Minecraft and “freeze tag” with his friends. At school, Gabe’s favorite activity is PE, which helps his special heart stay healthy. Gabe also participates in the Kids Heart Challenge because he likes that other kids learn about his heart and want to help more kids like him.