WAYS TO TAKE CARE OF YOUR HEART AND BRAIN

MOVE!

**FACT:** Being active is one of the best things you can do to help your heart and brain be healthy.

**ACT:** Give your heart a workout! Do 10 jumping jacks or toe touches. Can you tell if your heart is beating faster?

SNOOZE MORE!

**FACT:** Sleep helps your brain work better, your body build muscle and you feel better!

**ACT:** Set a goal to get 10-11 hours of sleep every night this week.

EAT WELL!

**FACT:** Food = Mood. That’s right, what you eat can affect how you feel!

**ACT:** Choose healthy foods to give your brain a boost and keep your heart healthy.

Move!

**FACT:** Food = Mood. That’s right, what you eat can affect how you feel!

**ACT:** Write down 3 healthy foods to eat this week.

EAT WELL!

**FACT:** Food = Mood. That’s right, what you eat can affect how you feel!

**ACT:** Choose healthy foods to give your brain a boost and keep your heart healthy.

ACT:
STRESS LESS!

**FACT:** You can feel calmer and more relaxed by doing things like taking deep breaths, getting active and even giggling.

**ACT:** Try giggling for 10 seconds or taking 5 slow, deep breaths. How do you feel?

CHOOSE WATER!

**FACT:** Water helps your heart pump blood more easily and deliver oxygen to your brain and all the cells in your body.

**ACT:** Make a promise to drink water this week instead of sugary drinks, like sodas.

MUSIC AS MEDICINE!

**FACT:** Depending on the tempo, music can relax us (slow our heart rates) or give us energy boosts. It may even help reduce pain!

**ACT:** Try exercising while playing some upbeat music. Play some relaxing tunes before bedtime.

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