



ACTIVITIES FOR HEART HEALTH AWARENESS



OTIS
for educators!™

PE ACTIVITY BREAKS



Each day a different student will lead the warm-up for PE class.

Add in dance breaks or brain breaks to get up and moving and tap into SEL needs.

Make it game-based! Time students to complete different physical challenges, and have students work in teams.

Complete 5 minutes of different exercises. Think push-ups, jumping jacks, squats, etc.

Add equipment like juggling scarves, spot markers, foam noodles, medicine balls, bean bags, and more!

FAMILY FITNESS DAY



**LET'S GET MOVING AND KEEP OUR HEARTS
HEALTHY FOR A DAY OF FITNESS FUN!**



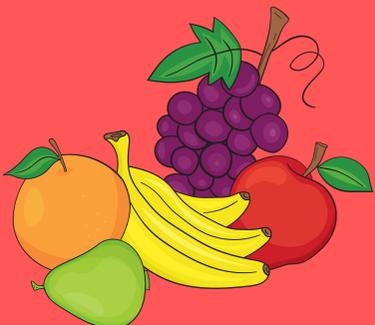
WHEN: WEDNESDAY, FEBRUARY 15TH 2023 @ 7PM



WHERE: SCHOOL GYMNASIUM



**WHAT: JOIN US FOR A NIGHT OF FUN, GAMES, AND HEART
HEALTH! THERE WILL BE LOTS OF MOVEMENT SO WEAR
SNEAKERS AND COMFY CLOTHES. THERE WILL ALSO BE
HEALTHY SNACKS AND REFRESHMENTS!**



YOGA, MEDITATION, AND STRESS MANAGEMENT



1. TAKE SLOW DEEP BREATHS
2. TRY A NEW YOGA POSE
3. VISUALIZE YOURSELF IN A PEACEFUL PLACE
4. PRACTICE POSITIVE SELF TALK
5. STRETCH BEFORE EXERCISE
6. SCHEDULE TIME FOR EXERCISE AND SELF CARE
7. GET PLENTY OF SLEEP AND RECHARGE
8. GET OUTSIDE AND ENJOY THE FRESH AIR!



FITNESS AND HEART



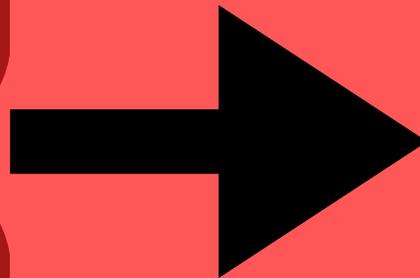
HEALTH PSA

WHY IS IT SO IMPORTANT TO TAKE CARE OF MY HEART?

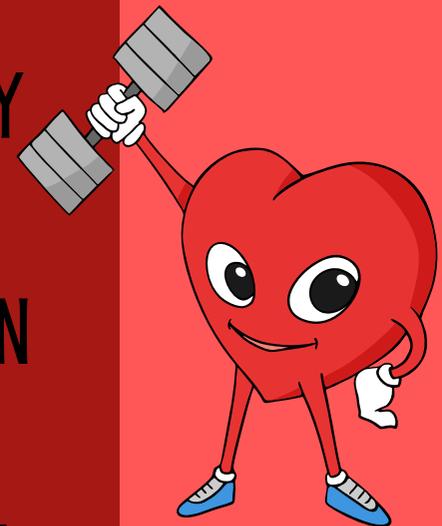


THE HEART IS A MUSCLE AND WORKS TO PROVIDE THE BLOOD THAT OUR BODIES NEED.

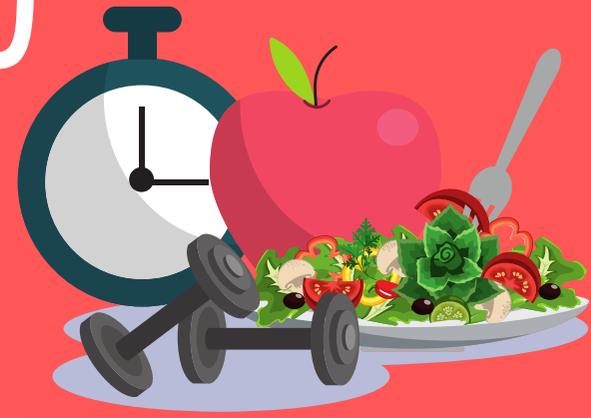
THE HEART PROVIDES OXYGEN AND NUTRIENTS AND GETS RID OF WASTE IN OUR BODY.



PHYSICAL ACTIVITY IS ONE OF THE BEST WAYS TO KEEP OUR HEART HEALTHY! TRY GETTING THE RECOMMENDED 60 MIN OF MODERATE EXERCISE EACH DAY!



DAILY HEALTH AND FITNESS TIPS



MON.

**EXERCISE BUILDS STRONGER MUSCLES
AND HEALTHY BONES**

TUES.

**FLEXIBILITY MEASURES HOW FAR A GROUP
OF MUSCLES CAN BE STRETCHED**

WED.

**HAVING GOOD BALANCE HELPS WITH DAILY ACTIVITIES
LIKE WALKING OR GOING UP/DOWN STAIRS**

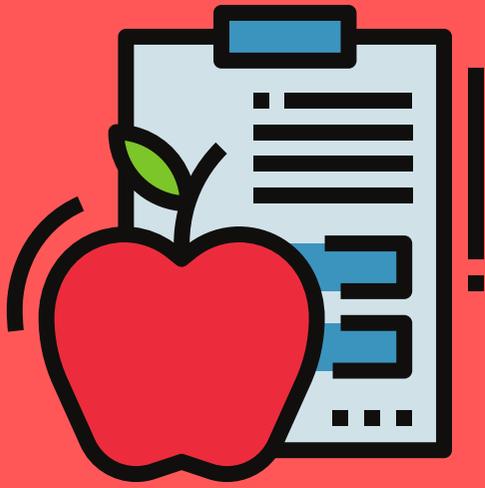
THURS.

**OVER HALF OF OUR BODY IS MADE FROM WATER,
WHICH MEANS WE NEED TO KEEP IT HYDRATED!**

FRI.

BE SURE TO EAT FOODS FROM EVERY FOOD GROUP!

HEART HEALTHY RECIPES



NO BAKE OATMEAL BARS



INGREDIENTS:

- ROLLED OATS
- HONEY
- CHOCOLATE CHIPS
- ALMOND BUTTER OR OTHER NUT BUTTER

DIRECTIONS:

1. MIX TOGETHER NUT BUTTER AND HONEY IN A LARGE MIXING BOWL
2. ADD IN ROLLED OATS
3. ADD CHOCOLATE CHIPS
4. PLACE INTO A BAKING DISH LINED WITH PARCHMENT PAPER
5. FREEZE FOR 1 HOUR AND CUT INTO BARS
6. ENJOY A DELICIOUS TREAT!