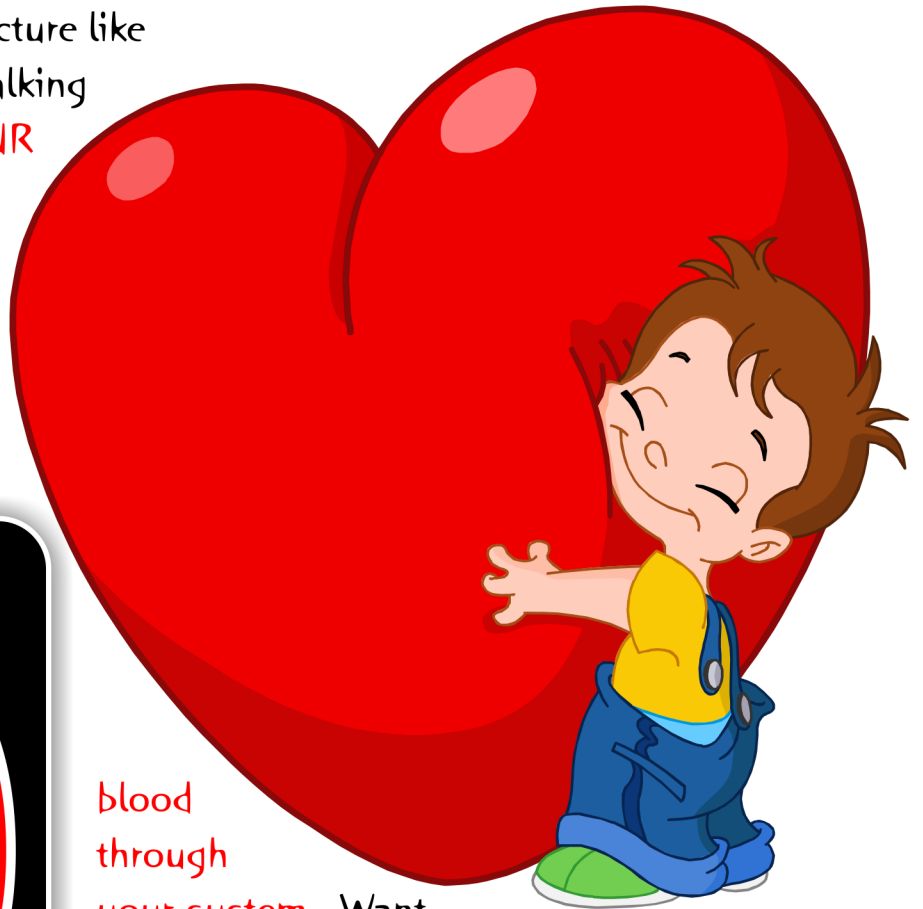


YOU'VE GOT TO LOVE IT!

Sure, you've got to love a cute picture like this, but that's **NOT** what we're talking about – you've got to **LOVE YOUR HEART!** And taking care of your heart is a job that lasts your whole lifetime, as your heart beats billions of times and pumps millions of gallons of



the big number

30

For adults – and kids, too! – 30 minutes of moderate exercise (like walking) five times a week is great for your health!

blood through your system. Want to make it easier for your heart to do all that work efficiently? Eat more fruits, veggies, and whole grains and less salt and saturated fat. Educate yourself about big risks to heart health, like smoking. And exercise regularly like your healthy heart depends on it – because it does!

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

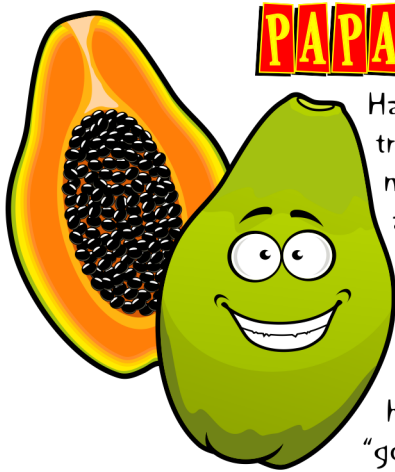
WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"YOU'VE GOT TO LOVE IT!"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!



PAPAYA

Have you ever tried the tropical fruit papaya? It's not just fun to say! It's also sweet and juicy and loaded with vitamin C and a substance called "lycopene," – both of which can improve heart health by boosting "good" HDL cholesterol.

PLAY HARDER

Moderate exercise like walking or easy biking is crucial for everyone's heart health, but more vigorous exercise, like soccer, basketball, hiking, jogging, or jumping rope takes kids to an even greater level of cardio fitness!



LEARN EASIER

Here's a bonus for eating a more heart-healthy diet: the same foods that are good for your heart are also good for your brain. So when you try to eat lots of healthy



fruits, veggies, and grains, not only will you feel better physically, but your mind will be sharper, too!

LIVE HEALTHIER

Guess what? Fat isn't always bad for your health! We need fat in a well-balanced diet, but all fats aren't created equal – it's SATURATED fat that we should try to cut down on. Indeed, a diet that's good for your heart is rich in healthier, unsaturated fats. Olive oil, for example, contains lots of mono-unsaturated fat, which is beneficial for good health in many ways, including by protecting against heart problems.



First
things
First



**BREAKFAST
@SCHOOL**
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Healthy Fruits
& Grains!

School Meals
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

Please note that if your family qualifies for a free or reduced-price lunch, you automatically qualify for breakfast, as well.



DON'T GET!

Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



School Meals
We serve education every day

This newsletter is provided as a wellness resource by our Rush-Henrietta Food Services.