

## Heart Health for Kids



Establishing a heart healthy lifestyle early on can help keep the risk of heart disease low. The three key aspects to heart health are:

- eating a balanced and varied range of healthy foods
- living a physically active life
- living smoke free

Healthy eating means a diet comprised of vegetables and fruits, whole grains, lower fat milk and milk alternatives as well as smaller, leaner portions of meats, poultry and vegetarian protein sources such as beans, lentils and tofu. Heart healthy fats should also be eaten; these fats are found in fish, nuts, seeds, avocados, and vegetable oils.

Our heart is a muscle and just like other muscles, it needs extra work on a regular basis to keep it strong. Physical activity exercises the heart and all of us, our children included! Canada's Guide to Physical activity recommends that activities for children and youth add up to 90 minutes everyday.

Smoking is bad for your heart. It makes your heart beat faster, clogs the blood vessels (this makes the heart work harder) and less oxygen gets to the lungs. Smoking is harmful and highly addictive; a heart healthy move is to never start.

**Eat Well...Be Active...Live Tobacco Free.**

