



February Newsletter



Choosing Healthy Habits Day Planner Theme: Heart Healthy Advocates

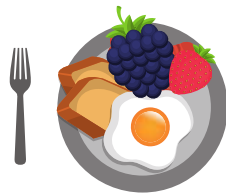
Heart disease is the leading cause of death in America. To lower the risk of **heart** disease, experts recommend making half of your plate fruits and vegetables and getting 60 minutes of physical activity every day.



Check out page 99 in the Choosing Healthy Habits Day Planner for more information.

National Healthy Habit Celebration

- ✓ Fresh Berry Month
- ✓ Hot Breakfast Month
- ✓ Grapefruit Month



Set a goal!

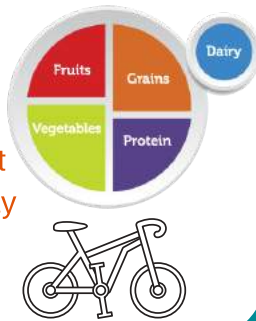
Healthy Habit Challenge!

Improve your **heart health** by participating in 60 minutes of physical activity every day this month. Plan a hike with your family or play basketball with friends.



Take it Home: Heart Healthy Challenge

Talk to your family about making changes to encourage **healthy** eating and regular physical activity. Dance to music, run around the park or play kickball at the park together. Help your family plan **heart healthy** meals by referring to the MyPlate portions.



Technology Tie-In

Improve your **heart health** by getting 60 minutes of physical activity every day this month. Check out the Hip Hop Public Health website. This is a great resource for learning new hip hop dance moves with your friends and family.



www.hhph.org/

Grant Opportunities!

- **Growing Minds Farm to School Funding:** connects schools to local farms and foods. (Deadline: March 15, 2019)
- **Soft Stick Lacrosse Equipment Grant Program:** provides a set of soft lacrosse equipment to schools and after-school programs (Deadline: March 1, 2019)



Recognition

Rutland Middle School hosted a Hoops for Heart event for their school. **Hoops For Heart** is a program that promotes physical activity, heart healthy living and community service. Way to be an advocate for health Rutland!

