

February 2010



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Involve your kids in making dinners each Monday.

2

Your child's heart needs exercise every day.

3

Go lean with protein with a handful of nuts.

4

Look for the words 100% whole grains.

5

Make fitness for the whole family.

6

Ride your bikes as a family.

7

Kids learn best when it is fun.

8

It's okay to make small changes.

9

Try mixing half white rice and half brown rice!

10

Teach your child how to find their heart rate.

11

Follow the 5-5 rule. Look for cereals with 5 grams or more of fiber!

12

Follow the 5-5 rule. Look for cereals with 5 grams or less of sugar!

13

Find activity that the family can do together.

14

Share nutrition and activity ideas with other parents.

15

Kids like to feel great. Teach them how to be good to their heart.

16

Have the kids help wash the fruits and vegetables.

17

Salmon has omega 3 heart healthy fat.

18

Cut up some fruit with a low fat dip.

19

Try leaving the peel on an apple for more fiber.

20

Beans are a great source of fiber and protein!

21

A healthy heart starts with a healthy breakfast.

22

Indoor workouts can help keep your family fit through winter.

23

Try adding some bran to your muffin recipe.

24

The heart's a muscle too. Give it a workout.

25

Fiber needs water to work!

26

Insoluble fiber helps your tummy working.

27

Soluble fiber helps lower your cholesterol.

28

Kids learn from their parents' habits.

Celebrate February by keeping your heart strong!