

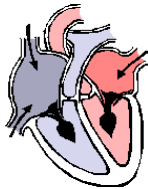


Kids Take Heart™

Your Ticker is the Ticket

Your child participated in the Kids Take Heart (KTH) Curriculum created locally through The Hope Heart Institute. The mission of The Hope Heart Institute is to serve humanity through cardiovascular research and education.

KTH is a kit-based health & fitness curriculum with four interactive units: anatomy, fitness, nutrition, and stress/goal-setting designed to empower children to make choices that promote health and wellness. Our hope is that through this program, students will learn to make healthy



choices that will positively impact them for a lifetime. Please take some time to review these trivia questions and discuss the answers with your child.

On the back side of this pamphlet, please help your child write a S.M.A.R.T. (heart-healthy) goal and assist them in logging his/her progress over the next two weeks. **At the end of two weeks, comment on the impact the exercise had on both child and family and have your child return the health log to his/her teacher.**

1. Is your heart a muscle?
2. How many times does a resting child's heart beat in one minute?

3. How many chambers does your heart have?
4. What does the blood transport?
5. How can you protect your heart from disease?
6. What builds up in arteries when high-fat foods are eaten often?
7. What are the six food groups?
8. What is the recommended daily amount of physical activity for children & teenagers?
9. What causes stress in children?

Answers: 1) yes, 2) 90BPM, 3) 4, 4) oxygen & carbon dioxide, 5) balance nutrition, get regular physical activity and avoid drugs, 6) plaque, 7) grains, vegetables, fruits, dairy, meats/beans, and oils, 8) 60 minutes, 9) test, bullies, fights with family members or friends

Writing S.M.A.R.T., Measurable, Heart-Healthy Goals

Not-so-S.M.A.R.T. Goals:

- I will eat healthier.
- I will make better choices.
- I will get moving.
- I will feel better about myself.

S.M.A.R.T. Goals:

- I will improve my nutri-

tion and heart-health by substituting fruit for dessert 4 times a week for two weeks.

- I will improve my nutrition and heart-health by reading 4 food labels and measuring 4 servings a week for two weeks.

- I will improve my fitness level and heart-health by

riding my bike for 30 minutes five times a week for two weeks.

- I will improve my overall fitness and heart health gradually moving from the Moderately Active Level to the Active Level (in intensity) by walking, playing basketball, or in-line skating for 60 minutes every day for two weeks.

www.hopeheart.org
425.456.8700



What are S.M.A.R.T. Goals?

S Specific. What will you be doing?

M Measurable. How will you know you've reached your goal?

A Attainable. Is it humanly possible?

R Realistic. Could it be real-life for you?

T Time-bound. When, or by what time or date?

Sample Health Log

Goal: I will improve my nutrition and heart-health by eating at least 5 fruits and vegetables everyday for two weeks (to form a healthy habit).

WEEK 1

Day 1—orange, banana, carrots, celery, carrots

Day 2—banana, apple, carrots, celery, corn

Day 3—strawberries, banana, carrots, green salad, orange

Day 4—apple, grapes, carrots, corn, tomato/cucumber salad

Day 5—grapes, banana, carrots, celery, tomato/cucumber salad

Day 6—orange, grapes, apple, corn, carrots

Day 7—cantaloupe, apple, corn, green salad with tomato

Name _____ Due Date _____
School _____ Grade _____

Your **S.M.A.R.T.** Nutrition OR Fitness Goal: (This should be something you are *not* already doing, but plan to start.)

Student Health Log –WEEK 1

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Student Health Log – WEEK 2

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Students: Briefly describe how this task impacted you.

Parents: Briefly describe how this task has impacted your child and your family.

We're interested in talking with you further about how this impacted your child and family overall. May we contact you? Yes No

First/Last Name _____ Phone Number _____

What days and times of the week are best to reach you? _____

Parent Signature _____