



Oliver's team talk

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Education Professionals

Teach! TEACHERS CORNER

American Heart Month

Coronary heart disease is the number 1 cause of death in the United States.

Do you know the signs of a heart attack?

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat

Excite! READY, SET, GO!

How can you keep your heart healthy?

Exercise - Your heart is a muscle that needs exercise. Cardio exercise means you are working your cardiovascular system, which includes your heart. It improves your stamina and gets your heart pumping. It means that you're involved in an activity that raises your heart rate to a level where you're working, but can still talk.

Eat Heart Healthy

Eat 5 to 9 servings of fresh fruits and vegetables every day. If fresh isn't available frozen or canned will work, just make sure there are no added salt, sugar or fat.

Eat lean protein such as: chicken, lean beef, turkey and fish. Cooking methods matter - you can grill, broil and stir-fry. A grilled chicken breast is a great choice for dinner - a fried chicken breast defeats your heart healthy goal.

Activate! MAKE YOUR MOVE

Parents and Teachers

You are never too young to learn about heart healthy living.

Check out the lessons and activities on the [American Heart Association website](#). You'll find activities for Pre K - 8th grade. Topic include: Healthy Snacking, Follow the Blood, How Muscles Work and How Fit am I?

Are you confused about which fats are OK to eat?

Choose this fun, kid-friendly way to introduce you and your family to the [Fats Family](#). You'll meet the Bad Fats brothers - "Sat" and "Trans". And the better Fats Sisters - "Mon" and "Poly". Your kids will learn the difference and you won't be confused anymore either.

Motivate! SPREAD THE WORD

Baked Sweet Potato and Salad

Fresh produce may not seem readily available during the winter months. But in Texas you can find the following items not only fresh but grown locally in the month of February.

Beets	Celery	Mushrooms
Broccoli	Grapefruit	Oranges
Cabbage	Greens	Spinach
Carrots	Herbs	Sweet Potatoes

You can make Sweet Potato fries in the oven. Add a spinach, mushroom, carrot, broccoli, orange salad. Not only are you eating heart healthy but locally too!

Make **HEALTHY CHOICES** for Life!

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