Healthy Lifestyles Clinic
Doernbecher Pediatrics Clinic
15220 NW Laidlaw Rd., Suite 102
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February 15, 2016

Have a “Heart Healthy” February!

Valentine’s Day can be both fun and educational if you take the time to teach your child about the importance of taking care of their heart. Here are some ideas for how to start:

• An active heart is a happy heart – schedule time for exercise with friends or family
• Rekindle an old flame – try old recipes but with a healthy twist!
• Give back together – volunteering is a great way to do some good and reduce stress

Visit www.heart.org for more ideas on how to show the heart some appreciation

Eat the Rainbow!
Did you know that different colored fruits and vegetables actually have different vitamins and minerals? Next time you are shopping with your child at the store, create a game where he or she tries to pick out a fruit or vegetable for every color in the rainbow. This can help familiarize them with a variety of healthy choices, in a way that is both educational and visually appealing!

Health App Review:
Harry's Healthy Garden

Free Health App sponsored by the American Heart Association® and BabyFirst™, which lets kids grow different fruits and vegetables, and then learn how to prepare them.

Pros: Gives a variety of ideas for how to cook fruits and veggies; fun and interactive, does not encourage constant phone time.

Cons: Doesn’t teach full recipes (i.e. adding spices and good fats).

Final Score: 7/10

Moved? Change of Phone/Address?
Questions/Comments?
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