



Take this home
PLEASE!

Just so you remember, the program included a personal assessment of fitness, a health questionnaire, and at today's assessment you had your height, weight, waist circumference, body mass index (BMI), blood pressure and cholesterol tested. Your CPR/AED training might have already happened or it will be soon.

It all starts at home

Dear Parent

If your child is sick or in danger, as a concerned parent you would do anything to protect them. Heart disease *is preventable* and by starting healthy choices at home, you can begin to "protect" your children from future heart health issues.

Kids generally feel invincible and are not concerned about making the healthy choices that are related to heart health. The idea of heart attacks or strokes are far from their minds as they see themselves as too young to even be concerned.

Now more than ever, with the increasingly sedentary lifestyles children lead, as a parent you should be concerned. Simple things like making healthier food choices or introducing active family activities can make a difference.

It's easy! Just use the code to get to the Heart Niagara website using your "Smart Phone" or go to www.heartniagara.com.

Here you will find helpful information about healthy heart choices and even recipes to get the ball rolling! **Remember it all starts at home!**



SCAN THIS
INTO YOUR
SMART PHONE
AND GET
CONNECTED TO
A HEALTHIER
LIFESTYLE!



Assessment Results

Family history gives some people protection from heart disease, while it makes other people more at risk.

POSITIVE NEGATIVE

Your size: Weight: _____ kgs Height: _____ cms

Your shape: Body Mass Index: (BMI): _____

Waist Circumference: _____ cms

Your blood pressure: _____ / _____

Why No Cholesterol Result

- No Consent
- Declined test
- Equipment failure
- Unable to get sample
- Absent
- Declined all

Total Cholesterol: _____ mmol/L

HDL: _____ mmol/L

Non-HDL: _____ mmol/L

TC/HDL ratio: _____

THIS PROGRAM NEEDS
YOUR SUPPORT



www.heartniagara.com

FORMULAS

Weight: _____ kgs x 2.2 = _____ lbs

BMI = $\frac{\text{weight(kg)}}{\text{height}^2 \text{ (m}^2\text{)}}$

Height: _____ cms / 2.54 = _____ inches / 12 = _____ ft

Choose Now!

Making your body as healthy as possible means you will not get sick very often and will be better able to do the things you want to. **It isn't rocket science.**

Physical Activity Habits

Regular physical activity is protective against cancer, stroke and heart disease. Activity does not mean exercise. Being active can include sports and any activity as long as you get out of breath at least once while being on the go.

It is recommended that kids your age get between 10,000 to 15,000 steps a day on average. Count steps with a pedometer. Included in those steps there should be a period of activity every day for at least 30 to 45 minutes where you are a little bit short of breath.

Sweet Beverages

Sweet beverages include regular sweetened soda pop, fruit juices (either whole juice or from concentrate), fruit drinks and punches, sports drinks, energy drinks, regular sweetened iced tea, and chocolate or other flavoured milk. One serving of a sweet beverage is 12 ounces.

The whole number of servings in one day should be no more than one (1) or none.

Fast Food (excluding sweet beverages)

"Traditional fast food" includes: burgers (with any type of meat), hot dogs, french fries, chicken nuggets, onion rings, etc.

It is recommended that you eat fast food no more than once daily or not at all.

Media Time / Screen Time

Media time is defined as the amount of time you spend watching TV, using a computer (after homework), playing video games, or listening to a music device while not moving.

It is recommended that the total media time daily is equal to one (1) hour or less.

Family Meals

Eating dinner with family that includes at least one parent is protective against obesity

It is recommended that you eat dinner with at least one parent most days.

Important Links

www.heartniagara.com

www.obesityyouth.org/Resources/index.html

www.niagararegion.ca/living/health_wellness/healthyschools/default.aspx

