



American Heart Association Weekly Shoutout



Hey there friends. I hope you had a good week. My week was pretty good. Did you know February is National Heart month? That makes it a perfect time to talk about the American Heart Association.

The American Heart Association does great things. They try to stop people from having heart problems. A healthy heart is important because your heart makes sure your whole body gets the blood it needs. The American Heart Association has been around for over 100 years. I bet in all those years they've helped lots and lots of people.

One thing they do is try to get everyone to understand how important it is to have a healthy heart. That is called education. They also try to find better ways for doctors to treat people that have heart problems. They do that with research. Research is trying different things to see what works the best. Sometimes people who have heart problems take medicine. Sometimes they might need to have an operation. They also might need to do special exercises. The American Heart Association research looks for better ways to help people who have heart problems.

It's really important to try and keep your heart healthy. I read that the way to do that is to eat healthy foods and be active. I didn't exactly know what it meant to be active. I asked my mom. She's always saying we have to try and be healthy, so I figured she'd know. She said that there are lots of ways. She said walking, jogging, or going to the gym are some ways to be active. She also said that dancing and playing sports are good ways. She told me that being active means doing something that makes you move around instead of just sitting in a chair.

I thought about what I do to stay active. I go to gym class in school. Sometimes I ride my bike on the weekend. My mom and I take walks when the weather is nice. I guess sometimes I do things that keep me active. I think maybe I could do a little more.

I also thought about what I eat. I was trying to decide if I eat healthy. I eat some healthy foods, like grapes and carrots. Some things I eat aren't that healthy. I guess that's wrong. I know I can have treats sometimes, but I should try to eat mostly healthy foods.

Talking to my mom made me see that if I make healthy choices, I'll be the best me. I'm going to try and do better.

Do you eat healthy foods? Do you do things to stay active? Why do you think it's important to make healthy choices?

Friends, the American Heart Association does great things to try and help others stay healthy. A lot of people hold fund raisers for them. A fund raiser is when you do something to get donations. The money donated to the American Heart Association helps them do their important work.

Maybe your school or church could hold a fund raiser. If you can't do a fund raiser, maybe you can see if there any happening near you. Then you could be part of that one. The American Heart Association does a lot to help others. If we all join in, we can make sure the work they're doing helps even more people. Together, we can make the world a healthier place.

Until next time,

Your Pal, Persnickety Pearson 