

Love Your Heart!

Improving Learning through Healthy Eating and Physical Activity

February



Why should families ensure their children eat a healthy diet?

- Higher grades & test scores
- Eating breakfast improves learning
- Increases school attendance
- Improves the ability to focus

For Heart Health Benefits

- Mix up your proteins to include more beans & peas, seafood & unsalted nuts instead of meats
- Include whole grains and less processed foods
- Make half your plate fruits & vegetables.
 - 2 fruits & 3 vegetables daily





Nutrient Loaded:

Dark Green Leafy Vegetables

- CruciferousVegetables
- Other Vegetables



Factors that Affect Learning

Better Classroom Behaviors

Better Memory

Children Need 60 Minutes of Physical Activity Each Day



Better Grades

Better School Attendance

For More Information



Grades 1-2



Grades 3-5

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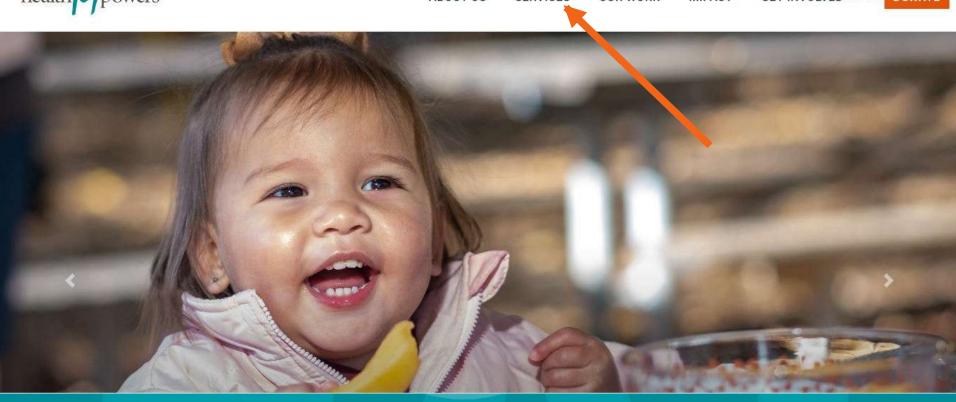
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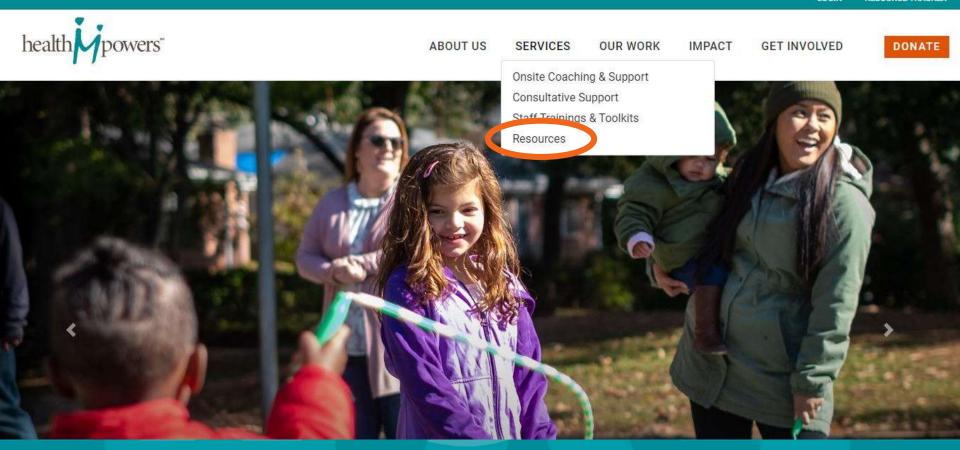
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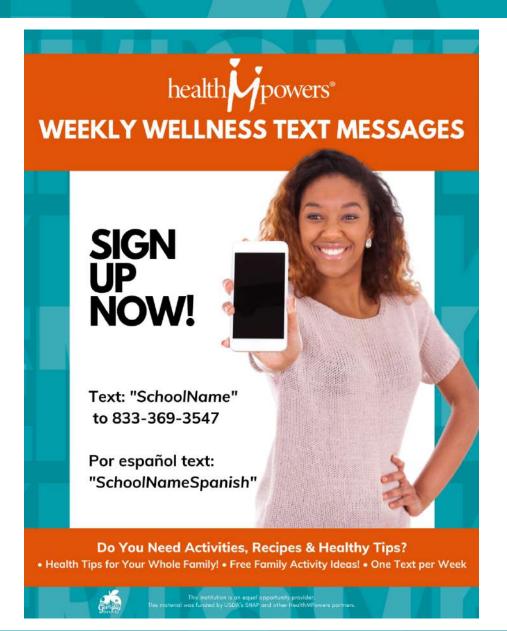
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HealthMPowers is providing virtual learning resources for teachers and families to improve

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Thank You!

For your continued support of our mission to improve the health and future of our children.





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