



PreK4



Newsletter

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Love YOUR Heart



Are you considering Aerobic exercising?
Great! Get Ready, Get Set, Gooooo!

but first learn how to prepare and listen to
your heart.

3 Components to Exercise conditioning.

- Warm Up
- Conditioning Stimulus
- Cool down

Components to Exercising.

Warming UP...

prepares your heart, lungs, and muscles for any workout.

When Blood Vessels Dilate, blood flow Increases, and the heart becomes less stressed.

Conditioning Stimulus... First get professional help.

A health professional will let you know the exercise needed for your body type and what you want to accomplish. Aerobic exercise training helps to build your cardiovascular fitness.

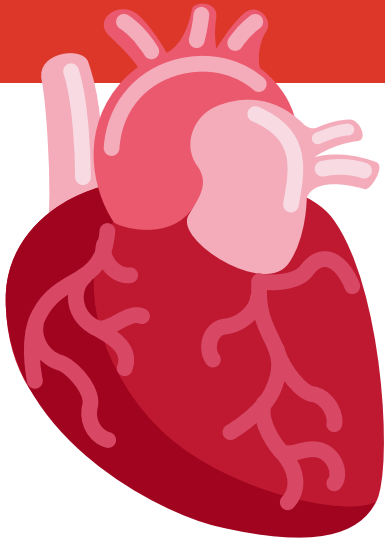
Cool Down...

A cool down is key for recovery. Cooling down allows the heart rate to go back to normal.

Aerobic exercise: Perform at least 10 minutes continuously per day.

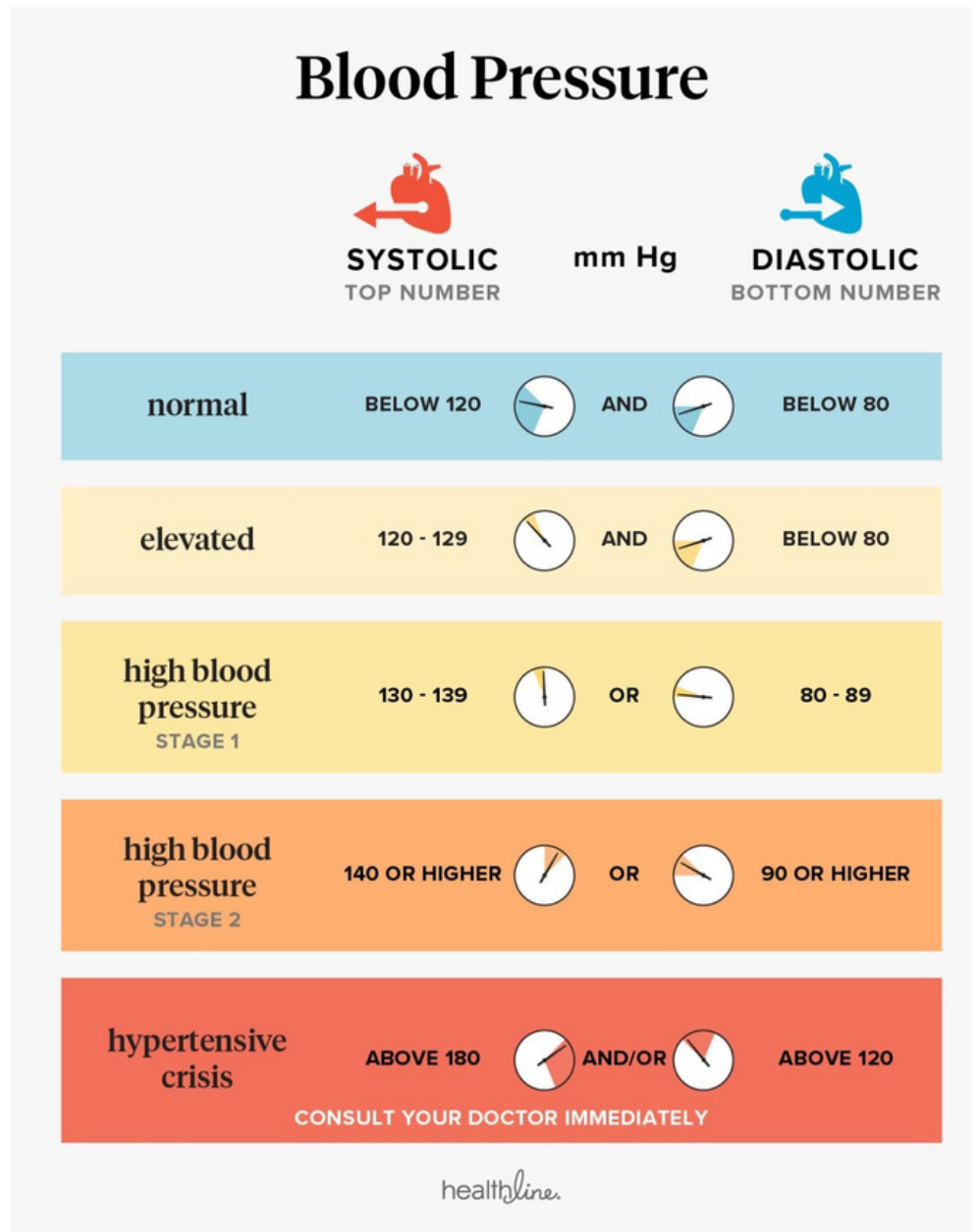
Walking
Running
Cycling
UP & Down Stairs

Learn the blood pressure numbers



Systolic blood pressure
(the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats.

Diastolic blood pressure
(the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.



Alert!

See a Doctor when your blood pressure is 180 or higher!

Heart-Check-Marks

Visit the American Heart Association to learn more about healthy foods that are good for your heart.

<https://www.heart.org/en/healthy-living/healthy-eating/heart-check-foods/check-for-the-heart-check-mark-infographic>

food for thought.

Love your heart!

Eat Fruits & Vegetables.

Happy Valentine's Day!!

Take care of your Health, here are some Healthy Food choices to consider when you go out to eat...

Lunch/Dinner: Garden Salads and lean protein

Drinks: Water or non-caloric beverages

Dessert: Dark chocolate, Fruits and especially Strawberries (fresh or covered with dark chocolate).



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