

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

Show Your Heart Some Love

This month, students are learning how to keep their heart healthy through a monthly campaign called Show Your Heart Some Love. Here is a summary of the learnings.

What is heart disease?

It's a general term meaning the heart is not working properly. Some forms of heart disease are present at birth, and others develop as we age. Many forms of heart disease can be prevented by living an active, healthy lifestyle.¹

How can I prevent heart disease?

The Heart and Stroke Foundation of Canada has 9 recommendations for reducing your risk of developing heart disease. This campaign will address 3 of them:

- Physical activity
- Eating a healthy diet
- Reducing stress

As an APPLE school, we strive to build healthy habits around these recommendations in our day-to-day life.



A good place to start is to **GET STRESS FIT!**

Give yourself a break

Eat a healthy diet

Talk it out with someone

Spend time with loved ones

Take time for yourself

Relax with a book or music

Exercise: walk, swim, bike

Set priorities

Schedule your time

Find new hobbies

Increase stress awareness

Take action

References

¹ <http://www.heartandstroke.ca>