



# February 2015!

## American Heart Month



Did you know that your heart is a muscle and it is the size of your fist? The heart is very important because it pumps blood, oxygen and nutrients to all the parts of your body. Did you know that the average heart beats 60 to 100 times a minute. That's an average of 100,000 beats per day!!! That's a lot of work going on inside your body. There are different ways that we can make our hearts healthier and happier!! We are going to talk about 4 different ways that we can care for our heart this month.

### Eat Healthy

One of the ways that we can take care of our hearts is by eating healthy. A very simple way to start making sure you are eating healthy is to make sure you are eating your fruits and vegetables. Do you have at least one fruit or vegetable with each meal? Do you have a fruit or vegetable with or as your snack? Pick two days this week and write down all the fruits and vegetables that you eat. What is your goal? Try to make it 5 or more.

Day #1 \_\_\_\_\_

Day #2 \_\_\_\_\_

### Exercising

When you exercise, like in Karate class, have you noticed that you breath harder? Breathing hard and taking in oxygen makes your heart beat faster. This is a workout for your heart and makes it stronger and more efficient when it does its regular job. A strong heart is a happy heart. Do you get 60 minutes of exercise per day? Remember running around at recess, riding your bike and Karate class all count. Pick two days this week and write down all the exercise that you do. Ask your parents to help you figure out how much time you spend on each exercise.

Day #1 \_\_\_\_\_

Day #2 \_\_\_\_\_



**Having a Passion for something** What does it mean to have passion for something? One definition for passion is: *“a strong feeling of enthusiasm or excitement for something or about doing something.”* Having excitement and enthusiasm for something that you do can bring focus, commitment and a hunger to learn more about what you enjoy to your life. Do you have passion for something in your life? What is it? Describe what you have a passion for and why it makes you happy.

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**Giving back to your Community** Giving back to the community you live in can be done in many ways. You can help pick up trash on city streets so your city looks beautiful, it could be helping at your local animal shelter with caring for the animals, you could raise money for a cause or donate items for people in need. At a point on your journey to Black Belt you will be asked to do a project where you give back to the Community. Take some time this week to ask people in your life what they do to give back to the Community. Do any of them sound interesting to you? Write down the top 2 responses you got.

#1 \_\_\_\_\_

#2 \_\_\_\_\_



Students \_\_\_\_\_ Students signature: \_\_\_\_\_

Parents signature: \_\_\_\_\_

Teachers name: \_\_\_\_\_ Teacher's signature: \_\_\_\_\_

VBMA is available to come to your classroom and do a free Bully Awareness seminar that only last 30 minutes. Please give us your information and we will contact you!

Phone number: \_\_\_\_\_

Name of School: \_\_\_\_\_

