

Move 1 hour & limit screen time every day!



Healthy eating and **moving more** can help lower the risk of developing chronic diseases such as heart disease, high blood pressure, type-2 diabetes and respiratory conditions. By following the MyPlate recommendations and getting at least **60 minutes of physical activity every day**, you are more likely to have more energy throughout your day!

Harvest of the Month: Cruciferous Vegetables (Cabbage, Broccoli, Cauliflower)

Benefits:

- **Cruciferous vegetables** provide vitamin A which helps support a healthy immune system.
- **Cruciferous vegetables** are often known for their distinct odor when cooked by certain methods.

Buying Tips:

1. Choose **cabbage** heads that are firm, crisp and free of cracks.
2. Choose **cauliflower** with creamy white curds and bright green leaves.
3. Choose **broccoli** with dark green stalks and tightly closed buds.

February is American Heart Month!

Heart disease is the leading cause of death in America.

Your physical activity choices have a big impact on your heart's health.

Become a heart-healthy advocate by moving one hour and limiting screen time every day!



Family Activity!

Spread the love by challenging your family to become **heart-healthy** advocates. Work together to **move one hour** and **limit screen time** every day! Go biking together or walk around the neighborhood.

Share your family activities on social media!



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