

NISD HEALTH NEWS

February 2015



February is National Heart Month

Heart disease is the leading cause of death for both men and women.

- Cardiovascular disease is the leading global cause of death, accounting for 17.3 million deaths per year, a number that is expected to grow to more than 23.6 million by 2030.
- About 2,150 Americans die each day from these diseases, one every 40 seconds.
- Cardiovascular diseases claim more lives than all forms of cancer combined.
- About 85.6 million Americans are living with some form of cardiovascular disease or the after-effects of stroke.
- Someone in the U.S. dies from heart disease about once every 90 seconds.

This month is National Heart Month and Northwest ISD is participating with the American Heart Association to increase awareness of Heart Disease and related illnesses. February 6 is National Wear Red Day to bring attention to women and heart disease. Everyone is encouraged to wear red that day and show support for the women in our lives. You can find more information at www.goredforwomen.org.

This month is also Jump for Heart and Hoops for Heart. These events are taking place in 17 schools across NISD. Students will raise funds and awareness for the prevention of cardiac related illnesses.

What can I do to start living a heart healthy life?

Risk factor modification is the single most important part of lowering your risk for heart related illness. The following are ways to reduce your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.





Five in February



February is American Heart Month, a time to show yourself the love by eating healthy, exercising, and taking good care of your heart! In an effort to support American Heart Month, all NISD Elementary Physical Education Students will be taking the Five in February Challenge!

Beginning this Friday, January 30th, students will walk or run 1 mile during their physical education class. Students will continue to challenge themselves to run 1 mile during gym class each Friday during the month of February. All Faculty and Staff are also encouraging to take part in the Five in February Challenge.

NISD Physical Education Teachers will chart and total their school's weekly mileage. Working together, the 17 NISD Elementary Campuses will combine their weekly mileage to see how many times NISD Elementary Students can circle the earth during the month of February!

To encourage and support the students as they take the Five in February Challenge, Aramark has graciously offered to purchase PE Equipment for our elementary campuses! Through our example and support, students will learn the importance of making healthy choices this February and in the future!

ONLY
YOU

HUGS
&
KISSES

MY
LOVE

BE
MINE

LOVE

Strawberry Yogurt Parfait

INGREDIENTS

- 1 1 cup sliced fresh strawberries
- 2 1 teaspoon sugar
- 3 1/2 cup nonfat plain Greek yogurt
- 4 1/4 cup granola

PREPARATION

- 1 Combine strawberries and sugar in a small bowl and let stand until the berries start to release juice, about 5 minutes.
- 2 To assemble parfait, layer yogurt and the strawberries with their juice in a 2-cup container. Top with granola.

