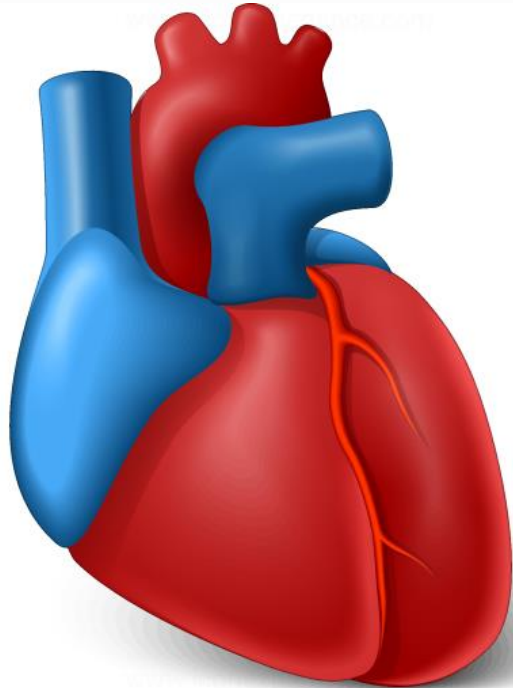


Let's Learn
about Heart
Health



Our heart is one of the most important organs in our body. It is responsible for supplying the blood that we need to stay alive.





Why is it important to think about heart health now?

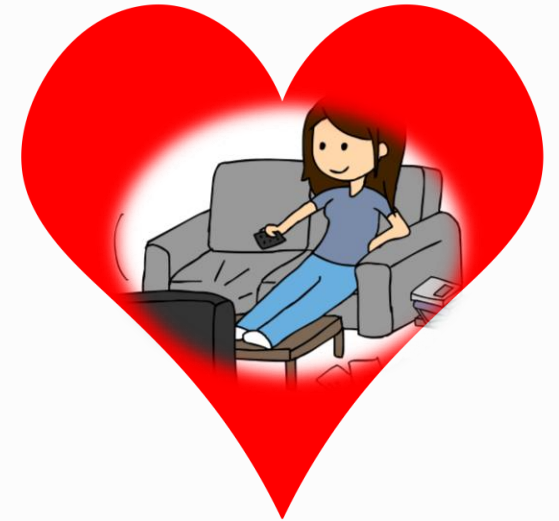
We only have one heart, and it is with us for the rest of our lives! Let's look at ways we can keep it healthy early on.



You can start taking care of your heart now by getting enough **exercise** each day and **eating healthy foods**.



Here is a list of some activities. Click which one would be the most heart healthy!



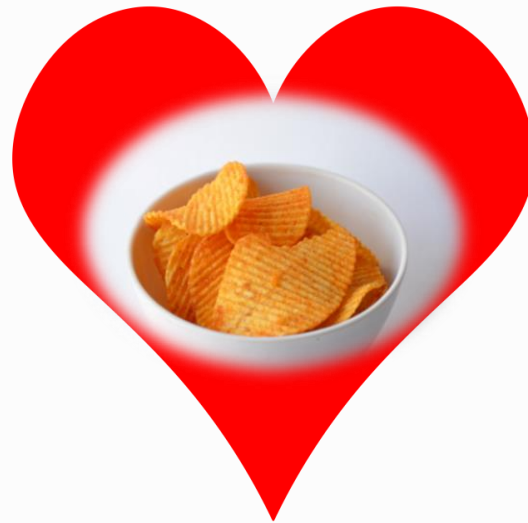
Correct!

Next

Sorry!

Try Again

Here is a list of some snacks. Click which one would be the most heart healthy!



Correct!

Next

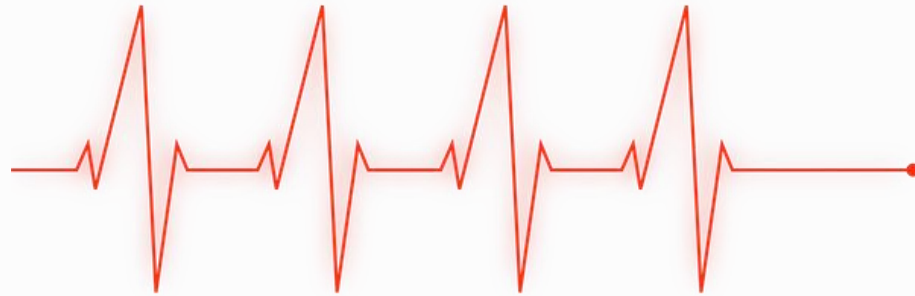
Sorry!

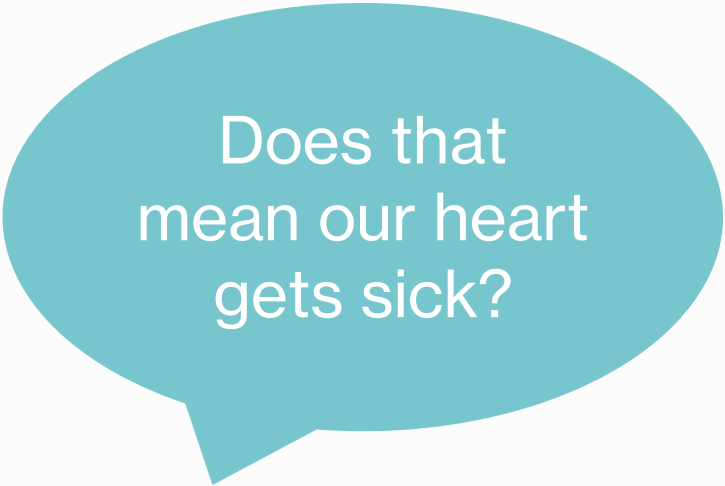

Try Again



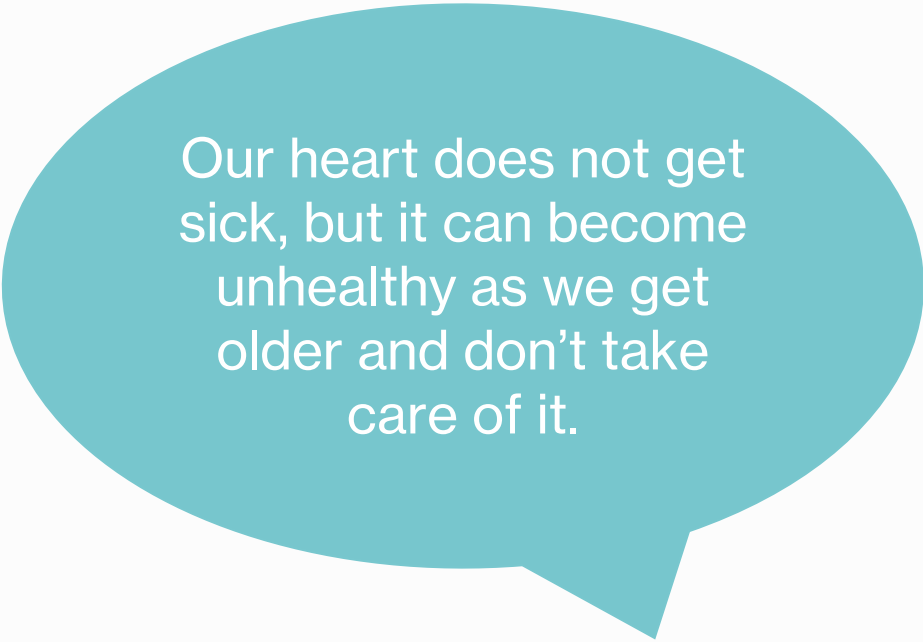
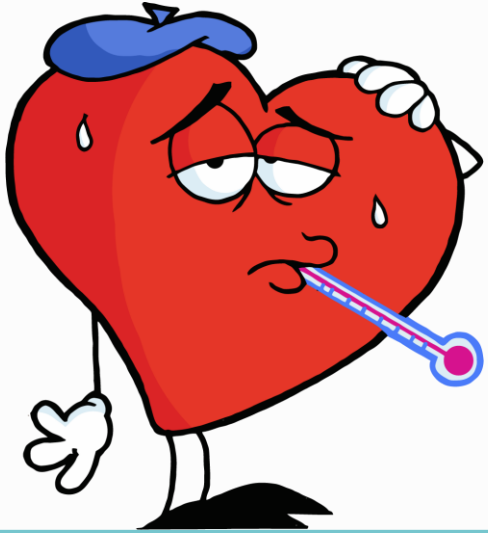
What happens if we are not being heart healthy?

It often takes many years of a very unhealthy lifestyle to cause our heart to become unhealthy. If this happens, we may develop heart disease and feel unwell.





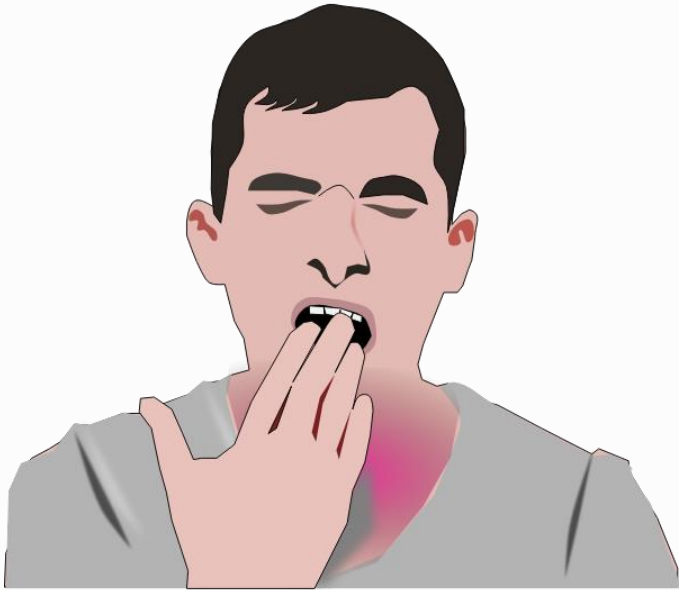
Does that mean our heart gets sick?



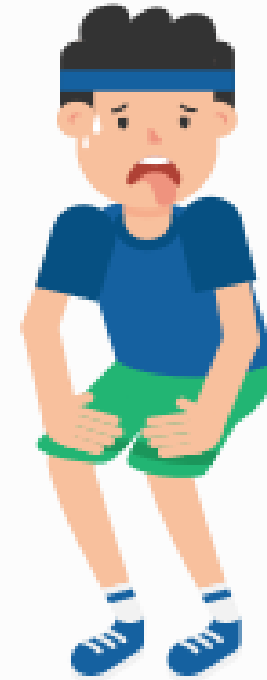
Our heart does not get sick, but it can become unhealthy as we get older and don't take care of it.



Some people with heart disease may



and



feel tired more easily

quickly run out of
breath from activities



Those aren't good!





I am getting a message from the doctor. She seems concerned about a patient.

Let's speak to the her!





I have an older patient today who is getting tired very easily from activities that never used to tire her.

Send a message



I have an older patient today who is getting tired very easily from activities that never used to tire her.

That sounds concerning. Does she exercise? What does she eat?



Next

Could this patient be on the way to heart disease?

Yes

No



The patient is showing signs of possibly developing heart disease!



What do you think?

Her signs show that she may be on the way to heart disease!



Next



I will tell the patient right away so we can start changing her lifestyle! Thank you for your help!



Next

Great job helping out today! You all are now experts in staying heart healthy.

Healthy Heart



Healthy You



Picture Sources

- [Hand vector created by freepik - www.freepik.com](https://www.freepik.com/vectors/hand)
- [IconExperience » V-Collection » Heart Organ Icon](#)
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Information Sources

- [Cardiovascular Disease \(CVD\) Information and Resources \(breakthecvdtrend.com\)](http://breakthecvdtrend.com)
- [Heart disease - Symptoms and causes - Mayo Clinic](http://www.mayoclinic.org/heart-disease/symptoms-causes)