Four Ways to Keep Your Heart Healthy

As we celebrate American Heart Month in February, here are four heart-healthy things you can do to avoid heart problems as you grow.

1. **Get moving daily.** Your heart is a muscle that needs exercise to stay healthy. You should get at least one hour of exercise every day. Walking, hiking, swimming and playing sports are all great ways to stay active.

2. **Eat well.** To get the important vitamins and minerals you need to grow, you should eat fruits and vegetables at every meal. In fact, half of your plate at every meal should be fruits and veggies.

3. **Drink well, too.** Water is a great drink to keep a healthy heart because it has no calories or sugar. It’s important to drink eight glasses every day to clean out your body. Low-fat milk is also a healthy option. Cut out sugary drinks like juice, pop and sports drinks.

4. **Sleep well.** Getting enough sleep is important because when you feel rested, you’ll do better at school, choose healthier foods and have enough energy to exercise. Most kids need at least 10-11 hours of sleep at night. A good habit is to fall asleep and wake up at the same time every day.