Four Ways to Keep Your Heart Healthy

As we celebrate American Heart Month in February, here are four heart-healthy habits you can develop now to hopefully avoid heart diseases as you grow.

1. **Exercise daily.** Your heart is a muscle that needs exercise to stay healthy. You should get at least one hour of exercise every day. Walking and hiking, swimming, shooting baskets and even active video games are all great ways to keep moving.

2. **Eat well.** To get the necessary vitamins and minerals you need to grow, you should eat fruits and vegetables at every meal. The U.S. Department of Agriculture’s Portion Plate tells us that half of our food intake at every meal should be fruits and veggies.

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

4. **Sleep well.** A good night’s sleep is crucial because it gives you the rest to focus at school, clarity to choose healthy foods and energy for daily exercises. Most kids need at least 10-11 hours of sleep at night. A good habit is to fall asleep and wake up at a similar time every day.