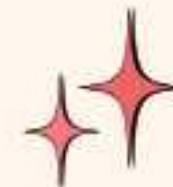# Nurse Emma's
Monthly Health Promotion

February
HEART HEALTH

Heart health is important across the lifespan – not just when we get old! Good heart health starts in youth.

Heart problems can be *passed down from your family members,* or you can *increase your risk by making poor lifestyle choices.*

But I'm so young...?

It's never too early to start thinking about your health. *Trust me* – future you will thank yourself for making small changes in your teen years that benefit your health as an adult.

Small things like:

- ♥ Eating a balanced diet
  aka cutting back on energy drinks and take-out
- ♥ Getting enough exercise
  that looks like 30–60 minutes on most days of the week
- ♥ Sleeping enough
  helps reduce your stress levels
- ♥ Avoiding harmful habits
  smoking/vaping/illicit substances/alcohol

are easy ways to improve your heart health as a teen.