

SHAC NOV 2023 HEALTH TIPS





School Health

Get Active

Get at least 30 minutes of moderate physical exercises 5x a week

Community Health

Talk to your Doctor about *[Idults*

Annual Blood Pressure and Cholesterol Screening

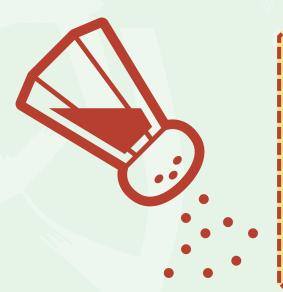
Children

Interval screening for those at increased risk, for high blood pressure and cholesterol.

Risk factors include obesity, family history of heart disease, & diabetes.



Nutrition Tip



LIMIT

consumption of SALT, SUGAR, saturated fats, alcohol, & processed food.

SHAC EVENTS

2nd Annual Football Kick was a SUCCESS!

Thank You

We raised over \$1200!

A Lion Statue was also donated for the NSES School Garden!



AISD SHAC PURPOSE:

to increase parental involvement to help our school and community stay healthy and safe.