



SHAC NOV 2023 HEALTH TIPS



Heart Health Month



School Health

Get Active

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

Community Health

Talk to your Doctor about

Adults

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!



AI SD SHAC PURPOSE:

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