

FORWARD CORNER

February is Heart Smart Month

FORWARD DUPAGE is pleased to join the American Heart Association and others in celebrating Heart Smart Month. American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

February is a great time to add to your curriculum a unit on health, talking about the role the heart plays in keeping us well. Eating smart and moving more are good for the heart. Spend time preparing healthy meals and snacks with the children and emphasize the benefits of physical activity.

As early childhood and school-age providers, FORWARD is encouraging you to participate in our 10 year anniversary celebration by taking the pledge to help make the healthy choice the easy choice for your staff, children and families. Help us reach our goal of 10,000 pledges by clicking [here](#).

Just off the presses is the 2018 DuPage County Health Department Childhood Obesity Report. Obesity rates for preschoolers throughout DuPage is still a huge concern. Click [here](#) to review the most recent data and to find out what your program can do to address this issue.

FORWARD encourages early childhood and school age programs to share this information with families and promote this monthly focus.

- Click [here](#) for Healthy Snacks 100 Calories or less
- Click [here](#) for 50 Indoor Physical Activity for Kids

For information on healthy eating and active living initiatives in DuPage county, check out www.forwarddupage.org. For more early childhood healthy resources for families click [here](#).