

# Healthy Hearts High School Program



*"I learned the various aspects of taking care of the human body and healthy living every day."*

*- High School Student*

## Our mission

Healthy Hearts is an outreach heart health screening and preventive education program. Our purpose is to educate students, families and adults about how to live a heart-healthy lifestyle.

We provide cardiovascular health screenings to empower students to take charge of their healthy choices and to identify children with elevated blood pressure or cholesterol for early intervention.

### Educational day 1:

#### Learn CDE wellness standards

*(computer and projector required)*

- Heart anatomy
- Cardiovascular health
- Risk factors
  - Physical activity
  - Tobacco and vaping
  - Nutrition
  - Stress Management
  - Genetics

### Educational day 2:

#### Cholesterol screening

*(separate room required)*

- Students can participate in a free health screening to learn their cholesterol, blood pressure and BMI.

#### Skill building stations

*(students remain in the classroom)*

- Hands only CPR and AED use
  - Signs of heart attack
  - Symptoms of stroke
- Heart booklet
  - Critical thinking activities
  - Personal goal setting

### How do I sign up?

Select your top two dates for the presentation and email: [HealthyHearts@uchealth.org](mailto:HealthyHearts@uchealth.org)

For questions call 970.624.5297 or visit our website at [UCHealth.org/HealthyHearts](http://UCHealth.org/HealthyHearts)



*"The screening gave them the chance to apply what they learned to their own personal life."*

*- FCHS Teacher*

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