

HEALTHY HEARTS AND MINDS

High School Program

uchealth

Our mission

Our mission is to empower school-aged students, adults, and families with education, motivation, and inspiration to prevent heart disease and cultivate lifelong habits of physical health and emotional wellness. We are dedicated to improving lives, one heartbeat at a time.

Classroom education:

Learn CDE wellness standards

(computer and projector required)

- Cardiovascular health
- Heart anatomy
- Genetic risk factors
- Physical activity
- Smoking and vaping
- Nutrition
- Stress management
- Goal setting

- **Hands-only CPR demonstration and practice.**

Biometric screening:

Cholesterol, BMI, and blood pressure

(separate room is required)

- Students with parent or guardian permission may participate in a **free** health screening to learn their cholesterol levels, height, weight, and blood pressure.
- Parent/guardian permission required.
- Health screening data collected and shared with families in a HIPPA compliant manner.

Scan to see
our program
in action!



How do I sign up?

Email healthyhearts@uchealth.org

For questions call **970.624.1680** or visit
uchealth.org/healthyhearts

"I loved this program and the important information it taught us, it was also an amazing opportunity to get to know my body better. Thank you." -High School Student

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