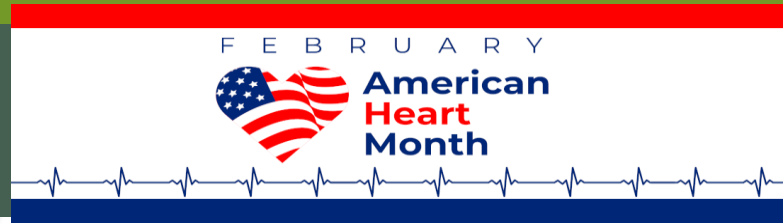




HORNET HEALTHY LIVING: VOLUME 11

Please contact your school nurses with concerns.

WE are here for our staff, students & community!



HEART DISEASE CAN START AT ANY AGE!

Nearly half of all Americans have at least 1 of the top 3 risk factors for heart disease:

- 1. high blood pressure 2. high cholesterol 3. smoking/vaping.

Other risk factors include: Obesity, Diabetes, Physical Inactivity & Unhealthy Eating

FACTS ABOUT COVID-19 & HEART HEALTH

*While Covid-19 was originally thought to only impact the respiratory system, research shows that it can also be detrimental to the cardiovascular system.

*Heart problems are showing up in people of all ages who have recovered from Covid-19

*Covid-19 has been shown to affect heart muscle cells & tissue, even in people who were asymptomatic

*If you or your child have recovered from Covid-19, talk to your doctor about a cardiac workup to rule out heart damage

IT IS NEVER TOO SOON OR TOO LATE TO BE HEART HEALTHY!



Be active for at least 30 min/day



Kick that nasty habit!



**Eat more fruits & veggies
avoid sugar & salt**