



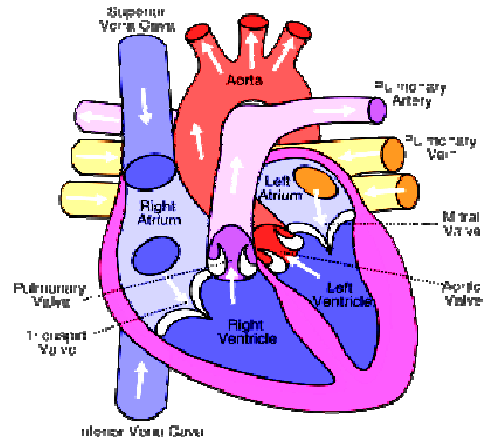
The Cardiovascular System

What Your Kids Learned Week Two:

From the Chalkboard:

Pathway of Blood Circulation

Students showed how red blood cells pick up oxygen in the lungs, get pumped out to the rest of the body using the heart muscle, & then give oxygen to all parts of the body!



Take-Home Messages:

Get Up & Move!! Keep the blood flowing, lower your blood pressure, increase the speed of oxygen out to the body, make your brain more alert by giving it necessary oxygen & sugar.

Lower Body Fat:

More fat makes it harder for the heart to pump nutrient and oxygen rich blood around the body.

Check labels on foods for lower-fat options & exercise in order to turn stores of body fat into usable energy!

Weekly Family Challenge

15-Minute Daily Heart Exercise

No need to change clothes or even leave your home! Pick some good music and take your pulse at the end!

- 1 minute of full body stretches
- 50 arm circles in both directions
- 5 push-ups, 50 jumping jacks
- 50 front crunches

Health in the News: High Blood Pressure

“Hypertension”

Risk Factors:

**High-Salt & High-Fat
Diet; Immobility**

“An increase in blood pressure with age is common only in developed countries, largely a result of a rich and salty diet, (being) overweight and inadequate exercise.”

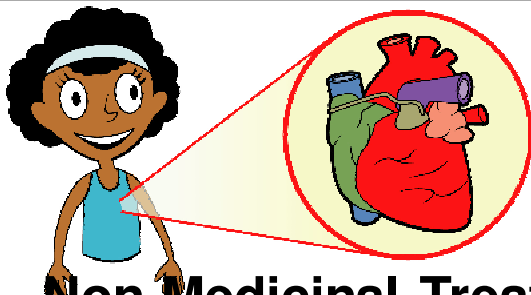
Source: “Hypertension: In Retreat, but Hardly Vanquished.” Brody J. *New York Times*. 22 Apr 2008.

Complications:

**Heart Attack, Stroke,
Anxiety, Diabetes**

“Hypertension is quantitatively the major risk factor for premature cardiovascular disease, being more common than cigarette smoking, dyslipidemia [abnormal levels of fat in the blood], and diabetes, the other major risk factor.”

Source: “Established risk factors and coronary artery disease: the Framingham Study.” Wilson PW. *American Journal of Hypertension*. 1994 Jul;7(7 Pt 2):75-125.



**Non-Medicinal Treatments: Get Up & Move,
Foods in Moderation, & Listen to Body**

“Treatment of hypertension generally begins with nonpharmacologic therapy, including moderate dietary sodium restriction, weight reduction in the obese, avoidance of excess alcohol intake, and regular aerobic exercise.”

Source: “Established risk factors and coronary artery disease: the Framingham Study.” Wilson PW. *American Journal of Hypertension*. 1994 Jul;7(7 Pt 2):75-125.