

PLAY WITH US! WIN PRIZES!

Have a Happy Heart Tasks



Be Well, Eat Smart, Move More

Show a picture of you doing an activity outdoors (going on a senior day trip will get you a bonus point) (5 points)

Show a picture of your favorite place to relax (5 points)

Have your blood pressure checked at senior center (check newsletter calendar) (5 points)

Attend Wonderium class, **Feb. 28th, at 10:30 am, Understanding Your Vital Signs: How Blood Pressure Works** with Lana presenting (50 points)

Bring your favorite heart healthy dish, with the recipe to February's Pot Luck (10 points)

Count your number of steps for five minutes twice per day for two days (5 points)

Food Labels

At the grocery store, look at the selection of cranberry juices. By reading the labels find which juice list juice as its first ingredient. (15 points)

Unsaturated fats are healthy. They can lower cholesterol. Saturated fats are unhealthy because they can raise bad cholesterol in your blood. Transfats can raise bad cholesterol and lower good cholesterol.

(5-points each 25 total)

How many grams of saturated fat is in 1 serving of olive oil?

How many grams of saturated fat is in 1 serving of butter?

How many grams of saturated fat does a stick of margarine have?

Which soft margarine has only 2 grams or less of saturated fats?

While in the store yogurt section, find a brand of yogurt that doesn't have sugar, fructose, high fructose syrup, or corn syrup. (10 points)

Eat one or more of the foods listed below (20 points):

Beets, olive oil, shelled pumpkin seeds/walnuts, oatmeal, *garbanzo beans, salmon, blueberries, chili peppers, broccoli, brussels sprouts, or tofu

*garbanzo beans if canned should be rinsed as they contain a high amount of sodium.

Location riddle (inside, upstairs at Senior center) (20 points)

Find the item from this clue and follow the directions you discover.

Stiff in the spine, and my body is pale,

but I'm always ready to tell a tale.

My pages are full just for you,

Next to the post I'm in plain view.

