



Hello!

Here is your Health Kit for February 2019. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

The month of February is all about love! Use the tools in this month's Health Kit to learn simple ways you can show your heart some love!

[Poster](#)

Print and display this month's poster, **Heart Health**. Start loving your heart today with these easy tips.

[Brain Game](#)

Complete this word search to find words associated with a heart-healthy diet.

[Recipe: Sweet Potato Nachos](#)

Swap out chips for sweet potatoes to make this delicious nacho recipe! It contains avocados – a great source of heart-healthy fat. Want more protein? Add more black beans or other lean protein sources like chicken, ground turkey, or tofu.

[Coaching Moment: Challenge ON!](#)

Watch this coaching moment for a quick challenge from Coach Miranda.

[90-Second Video: Pets and Your Heart Health](#)

Watch this quick video to find out how having a pet can benefit your heart health!

[Podcast: Love Your Own Heart](#)

Download this podcast to hear simple ways you can love your own heart.

Additional Info:

For more information on heart health, click [here](#).

COMING UP NEXT MONTH:

Flu season isn't over yet! March's Health Kit will feature information on immunity and how to boost your immune system.