

Special Olympics
New Jersey



HEART-HEALTHY ATHLETES

By: Dietetic Intern, Erica Bastry



HEART HEALTH MONTH!

WHAT FOODS ARE BAD FOR YOUR HEART?





FRIED CHICKEN



FRENCH FRIES



SODA



CAKE



CHEESEBURGER



ICE CREAM

WHAT FOODS ARE GOOD FOR YOUR HEART?



FIT 5 FOODS:



WHOLE GRAINS

PROTEIN

FRUIT

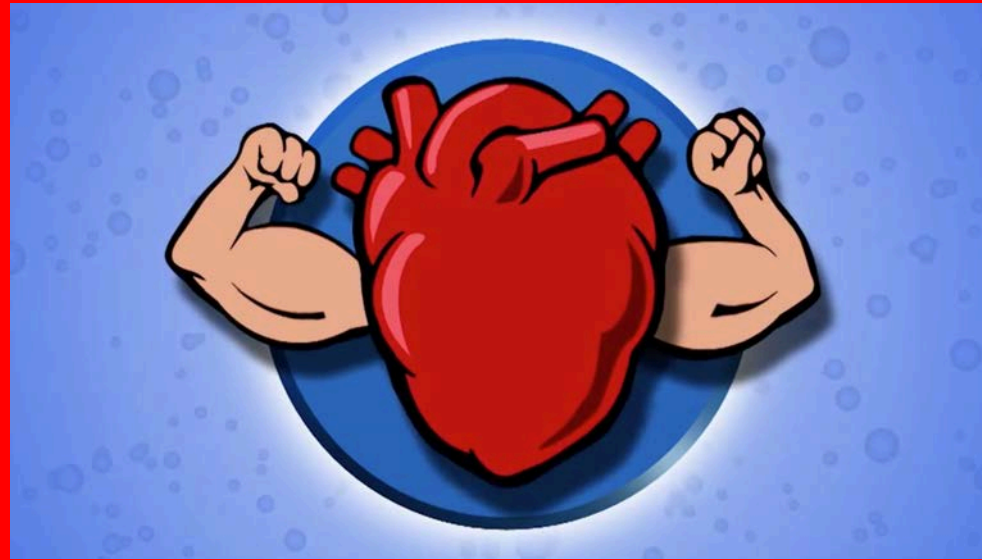


VEGETABLES



DAIRY

YOUR HEART IS A MUSCLE
WORKING HARD TO PUMP BLOOD
EVERYDAY



JUST LIKE OTHER MUSCLES YOUR HEART
NEEDS EXERCISE TO STAY STRONG &
STAY HEALTHY

LET'S GET MOVING!



NAME THE FIT 5 EXERCISES



ENDURANCE



STRENGTH



FLEXIBILITY



BALANCE



BREAKOUT ROOMS SCAVENGER HUNT