

The HeartSmart Kids™ program has re-launched after 20 years at the Heart and Stroke Foundation! Each student resource is now 137-76 pages of content (previously 19-40 pages) and now includes the following sections:

- The Circulatory System- Focusing on the Heart
- Nutrition
- Sugary Drinks – Healthy Beverage Choices
- Physical Activity
- Living Smoke-Free
- Aboriginal Health Philosophies
- Mental Health and Mindfulness
- Marketing to Kids (Food, Beverage, and Smoking)
- Active Communities & Transportation
- HeartSmart Recipes and more!

Visit www.hskids.ca and register to become a HSK educator, complete the quick training by exploring each square/section and place your order at the end and receive a certification in your email with your name and date. Your order will arrive in about 2 weeks.

Once you have completed the training you only have to once! Every year after when its time to order a new class set you just click “Re-Order”it’s that easy!

Thank you for choosing HeartSmart Kids – the feedback thus far has been fantastic!

