

# HEALTH TIPS

*from Rosie Roo*



Hi Friend,

It's almost Valentine's Day!

Let's learn about how to keep our hearts healthy and happy so we can have a great holiday!

You need to exercise to have a healthy heart! Try to be physically active each and every day. There are lots of ways you can be active! You could play games or join a sports team. Or you could just play with friends!

You also need to eat a heart-healthy diet! You need to feed your heart the right kinds of food so it can work properly. This means lots of fruits and vegetables and

lots of whole grains and lean meats. Try to avoid greasy and salty foods.

Finally, make sure you have time to hang out with friends! Bonding with your buddies is a great way to have fun and keep stress levels down. That's good because stress can be bad for your heart. So take a break and go have some fun!

Try this heart healthy recipe:

## Guacamole Chicken Wraps

Ingredients:

- 2 tablespoons fresh lime juice
- ¼ teaspoon salt
- 1 ripe, peeled avocado
- ½ cup chopped tomato
- 4 green leaf lettuce leaves
- 4 (8-inch) fat free tortillas
- 2 cups shredded, skinless, Grilled chicken

Directions:

1. Combine the lime juice and salt and avocado in a medium bowl. Mash them together with a fork until they are smooth.
2. Stir in the chopped tomato pieces.
3. Put one lettuce leaf on each tortilla.
4. Spread about ¼ of the avocado mash on each lettuce leaf.
5. Split the chicken evenly between the tortillas.
6. Wrap in foil.
7. Chill until cool then enjoy!



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