

HBS Annual **Colors** week

Feb. 8-12th

Monday and Thursday- KUMQUATS
(Wear) **ORANGE**

<https://www.healthline.com/nutrition/kumquat>



Tuesday and
Friday-

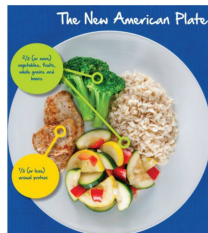
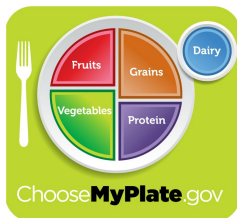
STARFRUIT-(Wear)YELLOW/GREEN

<https://www.healthline.com/nutrition/star-fruit-101>



Wednesday-Rainbow

We encourage you to wear the designated color(s) of each day.



Remember, the more *colorful your plate*, the healthier the food items are.
Check out the HBS dance video,
Kate Andreu created for

<https://drive.google.com/file/d/1-m5dnUgx-u7oyTosEUfOYk6Vhr7Hzehm/view?usp=sharing>

us to dance and have some fun, too.

Can you try this dance and send me a video of you and your family dancing together towards your 1 hour of exercise daily?

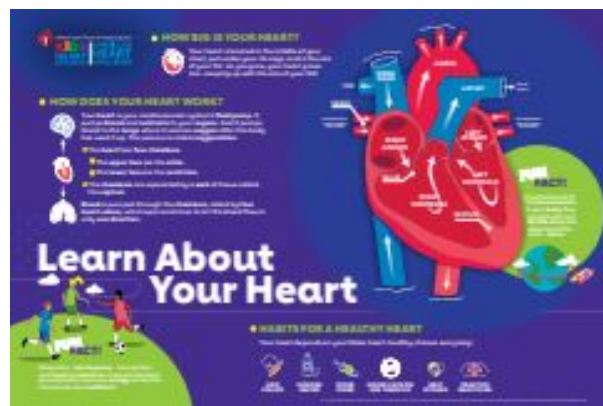
(parents/guardians, if you send videos or pictures along, this gives me permission to reuse and post them.)



February is Heart Health Month

<https://nationaltoday.com/american-heart-month/>

You and your family can choose to log on to the American Heart Association Link challenge and take the heart together. Along with eating a plate full of colorful foods, exercise is important for your heart muscle!



https://www2.heart.org/site/SPageNavigator/ym_khc_get_started_guide_tier3



There are a variety of challenges you can work on for your own heart health:

Week 1: Kids Heart Challenge (KHC)

https://docs.google.com/presentation/d/1QurUJFfrVW-Oe8chhIZ-1M_PrYXq030pt6GBEeECi9M/edit#slide=id.ga589dce1b4_0_178

Week 2:KHC

https://docs.google.com/presentation/d/1b6E46Lw6gMfSKDJEGt7t-EjuXnuCcdmRQZGc4o0jSnU/edit#slide=id.ga589dce1b4_0_178

Week 3KHC

<https://docs.google.com/presentation/d/12LmPz-9Ue5EWNP28n5v0BiL5VSnN6yq6H7KutLmCXpW/edit#slide=id.p1>

Week 4 KHC

<https://docs.google.com/presentation/d/1aaDMPVdWY0L9jTTWxeS8PVZC-u3lYuyguDcRsA-QizM/edit#slide=id.p1>



