



**10 Tips for HEART HEALTH**

- Get plenty of exercise—at least 150 minutes a week that gets your heart pumping.
- Take preventive action to avoid cholesterol, get regular blood sugar tests and/or your cholesterol checked.
- Stop smoking.
- Plan to lower your alcohol intake.
- Get your cholesterol checked (too much can clog arteries).
- Plan to lower your sodium intake.
- As for your diet, eat more fruits and vegetables in your daily diet.
- As for your sleep, get 7-9 hours of sleep per night for better overall health.
- Boost your healthy cholesterol levels with fruits and vegetables in your daily diet.
- If you lose weight, do it the healthy way—lose 1-2 pounds a week.
- If you have a family history of high cholesterol, you are simply concerned about heart disease, or have had a heart attack, talk to your doctor so you can track it on a daily basis.
- Manage your stress by incorporating a hobby that helps you relax, such as meditation or yoga.

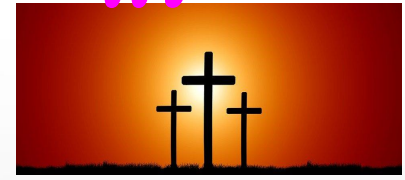


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## Happy Easter!



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