

February celebrates Black History Month

Black History Month: The celebration of Black History Month began as “Negro History Week,” which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

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Heart Healthy Month

Schedule annual checkups at the doctor.

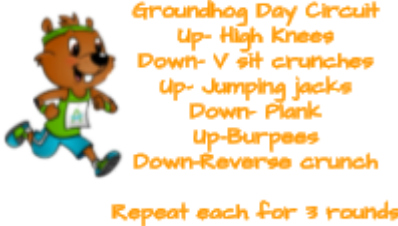
Are your kids active outside of the school day? As an adult, do you take time out to include physical activity in your own life?



What lessons are you passing on to the children in your life about physical activity and healthy eating? Sixty minutes of physical activity per day is the national recommendation for children. Use this calendar as a resources to encourage more movement at home.

Does your family have a history of heart disease? If so, do you have a plan in case of an emergency? Is anyone in your family certified in CPR and/or the use of an AED?



Saturday/Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Groundhog Day 	3  <u>Fun Facts:</u> Did you know? At the 2000 Olympic Games in Sydney, Australia, Venus and Serena Williams teamed up to win the doubles gold medal. They were the first pair of sisters to accomplish this feat, which they repeated in 2008.	4  I can read and explore healthy choices from each of the MyPlate food groups. Here are some early readers themed fruits. English Spanish	5

6/7

Let's practice jumping this week, with some simple workouts.

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Jump Rope

Whip out that jump rope and see how many times your kids can jump without messing up. Already conquered jumping rope? Try hopping on one foot or if you have at least three people and two ropes see if you can master double dutch.

LeapFrog

We bet you remember this game! Position one person on all fours on the ground. Leap over that person spreading your legs like a frog. If you have more than two people playing, keep leaping until you reach the front of the line, and then land in a crouched

9

10

Hippity Hop Obstacle Course

Practice this motor and coordination skill by taking a soft foam ball and putting it between his knees while standing. Have your kiddo hop around with the ball between his/her legs to different parts of the room. Can he/she hop to a chosen spot without dropping the ball? How about leaping to touch something on the other side of the room?

Hopscotch

Take a piece of chalk and draw a hopscotch game

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I can read and explore healthy choices from each of the MyPlate food groups. Here are some early readers themed vegetables.

[English](#)

[Spanish](#)

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On February 12, 2019, the **NAACP** marked its 110th anniversary.

position covering your head on the floor. Start the game over with the last person in line starting the leaping. (Right about now, you're wishing you'd stuck with that yoga class).

on your sidewalk, driveway, or an empty school playground. Even without chalk, you can still outline hopscotch on the snow with sticks, rocks, or even food coloring.

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According to the Center for Disease Control, the leading cause of death for the Black or African American non-Hispanic population is:

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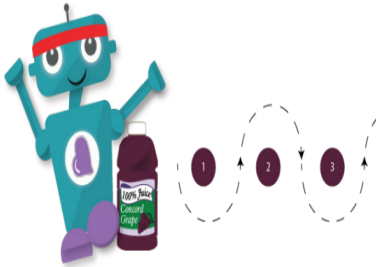
President's Day



10 moves 90 seconds each

1. Side lunge (right)
2. Side lunge (left)
3. Forearm plank
4. Side to side hops
5. Wide arm position

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Juice Agility Obstacle Course

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Family Workout Circuit

Warm-up:

Do each move for 20 seconds for 2 rounds.

- Jumping jack

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Exercise while doing chores

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Do each exercise for 1 minute:

1. Speed skater
2. Squats
3. Planks with alternating shoulder taps
4. Bicycle crunches

- Heart disease
- Cancer
- Accidents (unintentional injuries).



You can lower your risk of heart disease with just 150 minutes of moderate exercise per week.

- push-ups
6. High knees
 7. Forward lunge with alternating side twists
 8. Plank to downward facing dog
 9. Standing leg lift balance
 10. Burpee with a hop

- Inchworm walkout to shoulder tap
- Squat

Circuit:

Do each move for 45 seconds. Rest for 15 seconds in between each move. Do the entire circuit twice.

- Push-up or shoulder tap
- Squat
- Side lunge
- Mountain climber
- Single leg lunge
- Side plank left then right

Circuit 2:

Start with 7 of each then decrease the number of reps with each set for a total of 3 minutes.

- Jumping jack with single hand floor tap

5. Squat jumps
6. Scissor crunches
7. Jumping lunges
8. push-ups
9. Tricep dips
10. Supermans
11. Hip bridges
12. Side planks
13. Burpees

			● Burpee into a hop ● Side to side shuffle Cool-down: Do each move for 10 to 30 seconds...or longer if it feels good and you have time. ● Child's pose ● Downward Facing Dog ● Forward Fold ● Standing quad stretch ● Shoulder circle		
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20/21



Fun Facts

In 2014, then- 13-year-old Mo'ne Davis became the first African American girl to ever play in the Little League World Series. She was the first female to pitch a complete game shutout and when she led her team, the Taney Dragons, to victory, it marked the first win for a female pitcher. She pitched 70 mph fastballs, making "throwing like a girl" something to envy.

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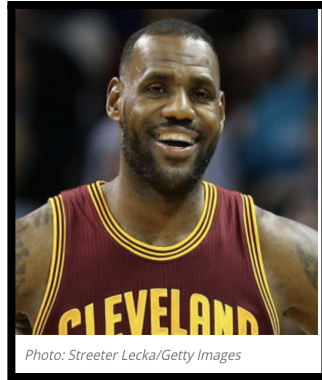


Photo: Streeter Lecka/Getty Images

Fun Facts

Read about it

LeBron James Biography

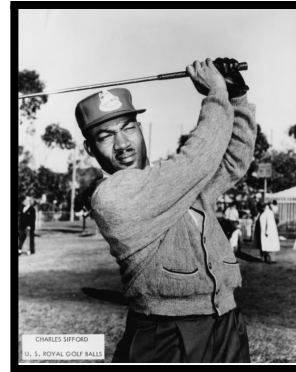
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Fun Facts:

In 1986, Debi Thomas became the first black woman to win the U.S. figure skating singles championship; she was also the world champion that year, as well as a bronze medalist at the 1988 Winter Olympics, where she was the first Black woman to take home a medal at the Winter Olympics.

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CHARLIE SIFFORD
U.S. OPEN GOLF BALLS

Fun Facts

Charlie Sifford - First Black Golfer in the PGA

Long before there was Tiger Woods, there was Charlie Sifford, who's been referred to as the Jackie Robinson of golf.

For much of his early career, Sifford was confined to compete in all-Black golf tournaments, but upon the invitation of boxer Joe Louis, he sought to enter the PGA-sponsored Phoenix Open in 1952. His presence at the event was not taken too kindly, and he received many death threats. In

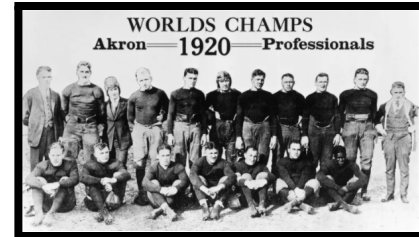
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I can read and explore healthy choices from each of the MyPlate food groups. Here are some early readers themed dairy.

English
Spanish

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Fun Facts

Fritz Pollard & Bobby Marshall - First Black Football Players in the NFL. In 1920, Fritz Pollard and Bobby Marshall became the first African American players allowed to play in the National Football League.

			1961 entered the PGA Tour, becoming the first African American golfer to do so. His career totaled 422 tournaments, over 50 top 10 finishes, and 22 professional wins.		
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HEART DISEASE
PREVENTION



[Learn more about Heart Disease](#)

AFRICAN AMERICANS
AND HEART DISEASE

Get the facts about heart disease:

Heart Disease in the United States

- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.¹
- One person dies every 36 seconds in the United States from cardiovascular disease.¹
- About 655,000 Americans die from heart disease each year—that’s 1 in every 4 deaths.²
- Heart disease costs the United States about \$219 billion each year from 2014 to 2015.³ This includes the cost of healthcare services, medicines, and lost productivity due to death.

Source: <https://www.cdc.gov/heartdisease/facts.htm>

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- [Diabetes](#)
- [Overweight and obesity](#)
- [Unhealthy diet](#)
- [Physical inactivity](#)
- [Excessive alcohol use](#)

[Disease prevention includes lifestyle habits:](#)

Heart Disease in African-American Women

Strategies to prevent
heart disease



- **Manage blood pressure**
- **Control cholesterol**
- **Reduce blood sugar**
- **Eat better**
- **Lose weight**
- **Stop smoking**