

# Maggie's Health Tips



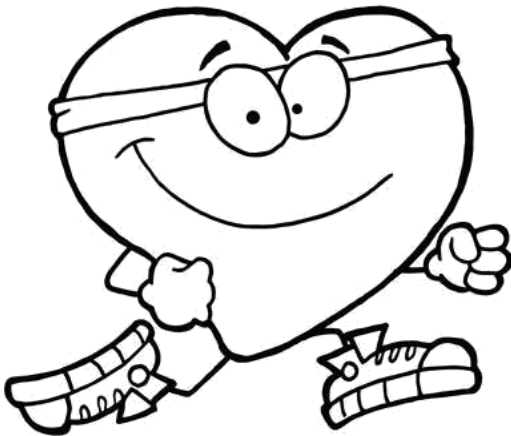
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## A Message from your HEART for National Heart Month:

If you've ever said, "cross my heart" to someone, you probably made a promise to do something. Maybe somebody told you that you were "all heart," meaning that you're a kind person. Well, this is your heart here and I want to ask you to make a promise to be kind to me starting this February and for the rest of your life..



I am a VIP = Very Important (body) Part. I pump blood all over the body. Blood carries oxygen and all the food, vitamins and minerals that your body needs to move, think, grow and repair itself. At the same time the blood picks up stuff that your body doesn't need and takes it to those parts of your body that get rid of waste (your lungs, kidneys and liver).



- ♥ Exercise at least 30 minutes every day. For every hour of screen time, you really should have 30 minutes of movement to keep me strong.
- ♥ Eat healthy meals with lots of vegetables, meats and fruit. Fat from processed foods like chips and cookies or fries slows me down.
- ♥ Drink water instead of fizzy drinks.
- ♥ Make good choices as you grow. Don't smoke or do drugs.

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If you, or someone you're helping, has questions about Magnolia Health, you have the right to get help and information in your language at no cost.

To talk to an interpreter, call 1-866-912-6285 (Relay 711). Magnolia Health provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (18 point font or larger print, audio, accessible electronic formats, other formats).

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-912-6285 (Relay 711).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285 (Relay 711).