



Dear Parent,

Today your child received MORE HEALTH's "Walk Through The Heart" Lesson. They want to share the pledge they made with you.

### MY HEART HEALTHY ACTION PLAN AND PLEDGE

Now that I know how important my heart is and how it works, I want to make a pledge:

- ♥ I will eat a heart healthy diet and maintain a healthy weight.
- ♥ I will get exercise every day.
- ♥ I will stay away from alcohol, tobacco products, and illegal drugs, as they can damage my heart.
- ♥ I will share this heart healthy pledge with friends and family so they will keep their hearts healthy too.

\_\_\_\_\_  
Student

\_\_\_\_\_  
Family or Friend

#### Lesson Sponsors

©MORE HEALTH, Inc.



**Suncoast Cardiovascular  
Research and Education Foundation**

Founded by: Helen Harper Brown

Visit us on our website: [www.morehealthinc.org](http://www.morehealthinc.org) and follow us on   



Querido Padre,

Hoy su hijo recibió la lección “*Walk Through The Heart*” de MORE HEALTH®. Quieren compartir la promesa que hicieron contigo.

### MI CORAZÓN PLAN DE ACCIÓN SALUDABLE Y COMPROMISO

Ahora que sé lo importante que es mi corazón y cómo funciona, quiero hacer un promesa:

- ♥ Voy a comer una dieta saludable para el corazón y mantener un peso saludable.
- ♥ Haré actividad física todos los días.
- ♥ Me mantendré alejado del alcohol, productos de tabaco y drogas ilegales, como ellos pueden dañar mi corazón
- ♥ Voy a compartir este compromiso saludable del corazón con amigos y familiares para que puedan mantener sus corazones sanos también.

---

Estudiante

---

Familia o un amigo

**Patrocinador de lección**

©MORE HEALTH, Inc.



**Suncoast Cardiovascular  
Research and Education Foundation**

Founded by: Helen Harper Brown

Visit us on our website: [www.morehealthinc.org](http://www.morehealthinc.org) and follow us on   