

WHITEHALL HEALTHY REPORTER

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Illustration by Gabriella Garcia

Nurse says to take care of your heart

The human heart works hard. It pumps about 100 gallons of blood every hour, according to the Texas Heart Institute.

Heart health report

It needs to be in good working order to last a lifetime. Children can help keep their hearts fit with healthy habits, said Whitehall School Nurse Mrs. DiMartini.

Her advice? Don't smoke. Get regular exercise. Cut down on salt. Eat lots of vegetables as part of a healthy diet. "Prevention is really the best way to avoid heart disease," she said at a recent press conference with the *Healthy Reporter*.

Heart disease has many different causes, Mrs. DiMartini said. Some people are born with a heart problem. Other people get heart disease because of the choices they make in their lives, she said.

For instance, smoking increases a person's chances of developing heart disease. It damages the inside of your blood vessels, Mrs. DiMartini said.

Eating a lot of unhealthy food and being overweight are two other risks for heart disease, Mrs. Di-

Exercise is one way to help keep your heart healthy.

(Please see **Look after** on Page 2)

Volunteering can be good medicine

Volunteering can make a big difference in the community. It also can help you get past problems that might be bothering you, says KidsHealth.org.

In recent interviews with the *Healthy Reporter*, Whitehall staff members said they volunteer in their churches, at school, and with organizations.

Mrs. Leahy, a third grade teacher, volunteers as a mentor to other teachers and also is a big buddy to a fourth grade student.

She volunteers because she loves helping people. She also likes to make Whitehall a better place and help other people achieve success, she said.

Mr. Yanez, a translator, said he volunteers by putting up posters to inform people about activities that are going on. He said he volunteers because it is important to be involved in the community. It leaves him with a wonderful feeling.

Mrs. DiMartini, school nurse, volunteers with the Norristown Fire Department. She helps the fire department raise money for the community. She said she likes feeling helpful.

Miss Wertley, the art teacher, said she helps people sign up for Oxfam. Oxfam is an international or-

(Please see **Helping** on Page 2)

Work out your brain —By Manuel Lopez

(For answers, look at the bottom of this page)

- 1. bicroa _____ Type of activity that makes your heart pound
- 2. earth iesdsae _____ Another term for cardiovascular disease (2 words)
- 3. ssevel _____ It transports blood through your body
- 4. qpleua _____ Builds up in your blood vessels
- 5. ekstor _____ Can happen when brain doesn't get enough blood
- 6. paple _____ Example of a heart-healthy fruit
- 7. mgoinks _____ Risk factor for developing heart disease
- 8. xerisece _____ Do this 60 minutes a day for heart health

Book review

Even the heart is a muscle

You Can't Make a Move Without Your Muscles
By Paul Showers

Every time you make a silly face you move muscles in your cheeks. You also move muscles when reading a book.

I learned that muscles help you open and close your mouth. You also use them to smile, frown, and wiggle your nose.

"Every time you move any part of your body you use muscles," Paul Showers writes in this book. "There are more than 600 muscles in your body."

The book helps you learn about all kinds of muscles. For instance, tricep and bicep muscles help you bend and straighten your arm. Pictures in the book show you how to find these muscles. The heart is a special muscle. It works all the time to pump blood.

I would recommend that all students read this book to learn more about muscles. You can find it in the school library. —By *Alejandra Luna-Hernandez*

Helping makes you feel good

(Continued from Page 1)

ganization that seeks to help people overcome poverty and take care of themselves. Miss Wertley found out about Oxfam when she was in college. She said she enjoys helping other people.—By *Brian Sanchez, Ninette Anorve, Jaden Jones, and Gabriella Garcia*

Answers to Brain Workout

- 1. aerobic 2. heart disease 3. vessel 4. plaque 5. stroke 6. apple
- 7. smoking 8. exercise

Look after your heart

(Continued from Page 1)

Martini said. She said to avoid foods with a lot of fat and cholesterol. Cholesterol is a fat-like substance. There are two types of cholesterol: HDL and LDL. HDL is considered the good cholesterol. LDL is the bad type. It can clog blood vessels, she said.

Too much salt in the diet can be bad for the heart, too, Mrs. DiMartini said. It can increase blood pressure. High blood pressure puts a strain on the heart.

The risk factors of heart disease are the same for children and for adults, she said. Children should care about heart disease because "it is the number 1 cause of death in our country."

Mrs. DiMartini said heart disease is not contagious, but it can change your life. If you think you have a problem, you should see a doctor.

—By *Healthy Reporter staff*

Whitehall Healthy Reporter

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