

Heart Facts for the Morning Announcements

End each message with: "This heart fact is brought to you by the Kids Heart Challenge."

1. To burn off all the calories from just one soda, a kid has to ride a bike for about 30 minutes. So watch out for those fattening sodas!
2. About 40 percent of high school students play video games and watch TV for six hours a day. Don't sit still. Do something healthy for your heart.
3. Did you know that a man's heart pumps about 2,000 gallons of blood each day? That's how much water is in a fire truck. WOW!
4. Capillaries are the smallest blood vessels in the body. How small are they? About 10 of them equal the thickness of one human hair.
5. A 16-ounce soda has about 20 cubes of sugar in it. It may be sweet, but it's definitely **NOT** healthy.
6. Being physically active strengthens your bones. Good to know.
7. The heart pumps out about 83 gallons of blood each hour. That's one hardworking organ!
8. About 90 percent of Americans eat too much sodium. Going easy on the salt is good for your heart.
9. The average heart beats about 108,000 times per day. That's about 3 billion heartbeats in a lifetime.
10. The heart of a blue whale weighs nearly 1,500 pounds. Talk about having a big heart!
11. Did you know that doing something nice for someone helps you feel good?



Gabriel

Gabe was born with only half of a heart and needed three surgeries to help his special heart work. While he sometimes tires out a little faster than other kids, Gabe doesn't let that slow him down. He likes to play golf and baseball and he enjoys fishing and taking his dog for a walk. He also plays Minecraft and "freeze tag" with his friends. At school, Gabe's favorite activity is PE, which helps his special heart stay healthy. Gabe also participates in the Kids Heart Challenge because he likes that other kids learn about his heart and want to help more kids like him.

