

Contact:

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Kids “Run for the Heart” at Sacred Heart School
In partnership with The Hope Heart Institute

- WHAT:** The Hope Heart Institute will help Sacred Heart School race for their hearts. It’s a course run, followed by a heart-healthy assembly.
- WHY:** To encourage children to make healthy food choices during March’s National Nutrition Month.
- Thirty-two percent of American children are overweight or obese.
 - Only 2% of school-aged children consume the recommended daily number of servings from all five major food groups.
 - Thirty-five percent of children watch 3 or more hours of television per day.
- WHEN:** **Tuesday, March 22, 2011 | 12:00 p.m. – 1:30 p.m.**
12:00 – 12:45 p.m.: Students running Race for the Heart
12:45 – 1:00 p.m.: Atherosclerosis race on stage (Two kids squeeze red water from a turkey baster into a beaker. The first one to fill the beaker wins. The catch is that one is partially blocked. When the race is done, we’ll compare the turkey basters to human blood vessels and talk about what keeps them clear vs. clogged (i.e. lots of fruits and vegetables, being physically active, etc.).)
1:00 – 1:20 p.m.: Awards assembly
- WHERE:** **Sacred Heart School | 9450 N.E. 14th Street | Bellevue 98004**
- VISUALS:**
- Students using turkey basters to simulate blood vessels and clogged arteries
 - Children running a course
 - 4th graders are available to interview

About The Hope Heart Institute

The Hope Heart Institute has a 50-year history of revolutionary medical advances and educational curricula that make heart disease - America's No. 1 cause of death - more treatable, beatable, and preventable. We are a Bellevue, Washington-based 501(c)(3) non-profit. For more, visit www.hopeheart.org.

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