

# KidsFirst

February 2017



A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 12-18 and their parents.

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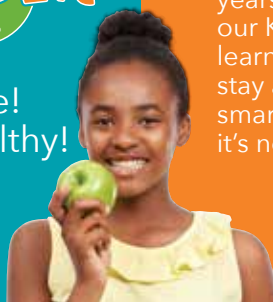
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Upcoming events on reverse side.

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Be Active!  
Stay Healthy!  
Keep Fit!



Members from 10 to 18 years old can sign up for our Keep Fit Club and learn fun, easy ways to stay active and make smart food choices. And it's no cost to you!

Keep Fit offers:

- Healthy cooking demos and easy recipes.
- Fun exercises you can do at home.
- Special activities.

Sign up: [TexasChildrensHealthPlan.org/KeepFit](http://TexasChildrensHealthPlan.org/KeepFit)



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# February is **American Heart Month!**

Heart disease is the leading cause of death in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news is, heart disease can often be prevented by making healthy choices!

## Exercise makes your heart happy

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. **Exercising every day for at least 60 minutes** can help decrease your risk of developing certain diseases, including diabetes and high blood pressure. Here are a few simple exercises to get you moving!

### High Knees

1. Stand straight with feet shoulder width apart.
2. Jump from one foot to the other at the same time lifting your knees as high as possible.



### Sit Backs

1. Sit on the floor with your legs bent.
2. Place your arms straight out front.
3. Keep your arms straight and your stomach tight.
4. Slowly lean back as far as comfortable.
5. Slowly return to sitting position.



### Chair Squats

1. Stand tall and place chair behind you.
2. Arms straight in front.
3. Slowly lower your bottom toward the chair without sitting down.
4. Slowly rise to standing.



Encourage your family and friends to get active to have a healthy heart.

# 6 ways to **keep your smile healthy**

Everyone wants to have a healthy smile! Brushing and flossing properly, along with regular dental checkups, can help prevent tooth decay and gum disease. Use the following tips to achieve a happy and healthy smile before your next trip to the dentist:

1. Gently **brush from where the tooth and gum meet to the chewing surface** in short strokes. Brushing too hard can cause receding gums, tooth sensitivity, and, over time, loose teeth.
2. Use the same method to brush all **outside and inside surfaces** of your teeth.
3. To clean the chewing surfaces of your teeth, use **short sweeping strokes**, tipping the bristles into the pits and crevices.
4. To clean the inside surfaces of your top and bottom front teeth and gums, **hold the brush almost vertical**. With back and forth motions, bring the front part of the brush over the teeth and gums.
5. Using a **forward-sweeping motion**, gently brush your tongue and the roof of your mouth to remove the decay-causing bacteria that exist in these places.
6. Play **your favorite song** while brushing your teeth to get used to brushing for a full 2 to 3 minutes. Some electronic toothbrushes have timers that let you know when 2 minutes are up.



## Facts on *flossing*

Brushing is important but it won't remove the plaque and particles of food between your teeth, under the gumline, or under braces. You'll need to floss these spaces at least once a day.

With any floss, you should be careful to avoid injuring your gums. Follow these instructions:

1. Carefully insert the floss between two teeth, using a back and forth motion. Gently bring the floss to the gumline, but don't force it under the gums. Curve the floss around the edge of your tooth in the shape of the letter "C" and slide it up and down the side of each tooth.
2. Repeat this process between all your teeth, and remember to floss the back sides of your back teeth.





## Smart snacking strategies

Between school, homework, your after-school job, and hanging out with friends, it may feel like there's no time for healthy eating. And when you do stop to eat, it's probably tempting to go the quick and easy route by grabbing fries, potato chips, or candy.

But it is possible to treat yourself to a healthy snack. Here are some ways to make healthy snacking part of your everyday routine:

- **Prepare healthy snacks in advance.**

You can keep plenty of fresh fruit and veggies at home to take on the go. Cut up melons or vegetables like celery and carrots in advance. Keep the servings in bags in the fridge, ready to grab and go.

- **Keep healthy snacks with you.**

Make it a habit to stash some fruit, whole-grain crackers, or baby carrots in your backpack or workout bag so you always have some healthy food nearby.

- **Make it interesting.**

Healthy snacking doesn't have to be boring as long as you give yourself a variety of choices. Whole-wheat pretzels with spicy mustard, rice cakes with peanut butter and raisins, or low-fat fruit yogurt are healthy, tasty, and easy.

- **Satisfy cravings with healthier approaches.**

If you're crazy for chocolate, try a hot chocolate drink instead of a chocolate bar. An 8-ounce mug of hot chocolate has only 140 calories and 3 grams of fat. The average chocolate bar, on the other hand, has 230 calories and 13 grams of fat. Substitute nonfat frozen yogurt or sorbet for ice cream. If you're craving savory munchies, snack on baked tortilla chips instead of regular corn chips and pair them with salsa instead of sour cream. Or satisfy salt cravings with pretzels instead of chips.

Source: [TeensHealth.org](https://www.TeensHealth.org)



## Raspberry sweetheart parfait recipe

### What you need:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat-free Greek yogurt
- 2 cups fresh or frozen raspberries

### Equipment and supplies:

- Measuring cups and spoons
- Medium mixing bowl
- Whisk or fork
- Tall glasses, preferably clear

### What to do:

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Serve or refrigerate until ready to serve.

Prep time: 5 minutes

