

Restart a Heart education resource

Run a healthy heart campaign

Heart and circulatory disease, also known as cardiovascular disease (CVD), is the biggest cause of death and disability in England with one death every four minutes, but often it can be prevented by leading a healthy lifestyle.

Task 1

Run a healthy heart campaign at your school!

Design a campaign that will educate the rest of the students about ways of reducing your CVD risk by having a balanced diet, doing regular exercise, maintaining a healthy weight, not exceeding the recommended alcohol limit and not smoking.

How will you share your messaging?

Could you hold an assembly to talk to the rest of the school?

Could you create a display for other students to see?

Could you set up a healthy snacks tuck shop?

Sign pledges, for example “I will reduce my intake of sugary drinks” or “I will do more physical exercise by joining the local running club”.

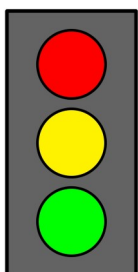


Task 2

Research which foods are ‘heart healthy’ and come up with a shopping list of food you would like to eat.

Task 3

List items in your kitchen cupboards and fridge at home and sort them in to healthy and unhealthy foods using the traffic light system.



High levels of fat, saturated fat, salt and sugars

Medium levels of fat, saturated fat, salt and sugars

Low levels of fat, saturated fat, salt and sugars