

Healthy Hearts Elementary School Program



"I enjoyed the booklet and presentation. It was really fun!" - Elementary student

Our mission

Healthy Hearts is an outreach heart health screening and preventive education program. Our purpose is to educate students, families and adults about how to live a heart-healthy lifestyle.

We provide cardiovascular health screenings to empower students to take charge of their healthy choices and to identify children with elevated blood pressure or cholesterol for early intervention.

Educational day 1-2:

Learn CDE wellness standards

(computer and projector required)

- Cardiovascular health
- Heart anatomy
- Genetic risk factors
- Physical activity
- Tobacco and vaping
- Nutrition
- Stress management
- Goal setting

Educational day 3:

Cholesterol screening

(separate room will be required)

- Students can participate in a free health screening to learn their cholesterol, blood pressure and BMI.

How do I sign up?

Select your top two dates for the presentation and email: HealthyHearts@uhealth.org

Additional considerations for schools with more than one classroom:

- Option 1: One Healthy Hearts Educator teaches a combined group.
- Option 2: One Healthy Hearts Educator teaches two groups back-to-back.
- Option 3: Two Healthy Hearts Educators teach two separate groups simultaneously in different rooms.

For questions call 970.624.5297 or visit our website at UCHealth.org/HealthyHearts



"Very knowledgeable, engaging and fun to have in the classroom!" – McGraw Elem.

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