

Healthy Hearts Middle School Program



"I didn't realize how much your heart could impact your life." - MS 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:

Learn CDE wellness standards

(computer and projector required)

- Heart anatomy
- Cardiovascular health
- Risk factors
 - Physical activity
 - Tobacco and vaping
 - Nutrition
 - Stress Management
 - Genetics



Educational day 2:

Cholesterol screening

(separate room required)

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

Skill building stations

(students remain in the classroom)

- Hands only CPR and AED use
 - Signs of heart attack
 - Symptoms of stroke
- Heart booklet
 - Critical thinking activities
 - Personal goal setting

How do I sign up?

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

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

"The stations are great because it makes what is said more of a reality for the student." - Lucille Erwin MS Teacher

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