

Heart and Stroke Foundation of Manitoba  
Helping Kids Live Well Presentation  
Grades: K-6  
Delivered by: Health Professionals in the area of physical activity and nutrition

Description:

**Helping Kids Live Well** is a one-hour interactive presentation to complement heart-health learning in schools. Be smoke-free, get moving and make healthy food choices are the three key messages highlighted in this presentation. Students will have an opportunity to participate throughout and will receive a take-home package to share with their family to encourage all family members to lead a heart-healthy lifestyle.

This presentation touches on a number of outcome strands within the Manitoba Physical Education/Health Education curriculum as well as the Grade 5 Science curriculum and can help to reinforce these lessons. The General Learning Outcomes specific to this presentation are listed below and you can refer to the attached table for more details.

General Learning Outcomes:

1. Fitness Management
2. Personal and Social Management
3. Healthy Lifestyle Practices

If you would like more information about the **Helping Kids Live Well** presentation please feel free to contact the Heart and Stroke Foundation of Manitoba office at 949-2000 or toll free at 1-888-473-4636