


# Healthy Heart Event

Put on by: Ohio State PRSSA Bateman Team

Thank you for joining us today! Here are some tips to remember from today's event, and a few healthy snacks to make at home!

- Remember to be active and exercise for at least an hour every day.
- Mental health is important too! When you laugh, you release endorphins, which boost your immune system.
- Exercising can be fun! Walking your dog, playing tag, and jumping rope are all forms of exercise. Use your cool new jump rope to stay fit!




## Ants on a Log

---

Celery Peanut Butter Raisins

1. Cut a stalk of celery into sticks
2. Fill the inside of each stick with peanut butter
3. Put 3-4 rasins into the peanut butter



## Goldfish in a Pond

---

Plain Rice Cakes Cheddar Goldfish  
Whipped Cream Cheese Blue Food Coloring

1. Put cream cheese in a bowl and stir in two drops of blue food coloring
2. Spread the cream cheese on a rice cake
3. Place gold fish in the cream cheese