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Some key heart health myths to be aware of:



Remember these heart health goals:

BEST bits

Watch infants and their screen t me. every additional hour of screen time (from less than one hour to more than four hours), one-yearolds had a higher risk of developmental delays in communication and problem-solving at ages two and four, according to a study published last year . The study involved 437 children and their parents in Singapore from 2010 to 2020. Parents reported the amount of screen t me. Since mobile devices became available, children between six and 18 months get two to three hours of screen time a day. The American Academy of Pediatrics advises parents to keep children away from screens unt I they're 18 months old, except for video chats, and limit digital media for two- to f ve-year-olds to one hour daily.

Health Month — raising awareness about the importance of oral health — start ng early in life and giving kids a jump on a lifet me of healthy teeth and gums. Nearly one in f ve kids have untreated cavit es; the pain can make it hard to eat and speak, and prevent kids from playing and learning. As soon as baby teeth appear, parents can start brushing their kids' teeth with a sof toothbrush and plain water twice a day. Children can start brushing with supervision at about age three. Fluoride varnish treatments applied by a pediatrician or a dent st can prevent about a third of cavit es in baby teeth.

■ National Donor Day is February 14. Also

known as Organ Donor Day, this event aims to increase awareness about organ donat on, and the lives it saves. More than 120,000 people in the U.S. are wait ng for a life-saving donat on, whether it be for organs, t ssue, marrow, platelets or blood. This date pays tribute to those who have provided the gif of donat on, have received a donat on, are wait ng, or have died wait ng by joining the donor registry. Every day can be a good day to donate.

eating smart





Slow Down Racing Thoughts

By Eric Endlich, PhD

If you've experienced racing thoughts — feeling like your mind has sped up — you know they can make it di cult to calm down and focus.

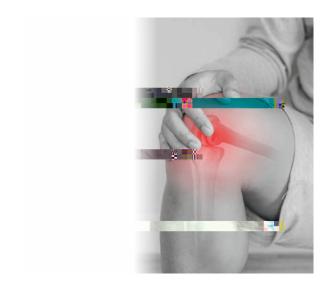
Try a few of these strategies and see what works best for you:

Reading does more than inform and entertain.

Reading also has mult ple health benef ts. Research shows it can reduce stress. ease muscle tension and slow the heart rate. Reading may lower infammat on, too. What's more, reading can increase empathy toward others, and that can posit vely impact relationships. Reading before bed can help your sleep quality. And you're never too young or too old to enjoy reading. Brain benef ts can begin early — reading to babies helps them build language and social skills, according to the Cleveland Clinic. Did you know? Studies suggest aging bookworms may have a lower risk of Alzheimer's disease.



bodymind Q: A:





Q: Need okay before exercising?

A:

How does evening exercise

special report

Exercise is key to heart health.