

HEARTPOWER!

Free Loan Program (Kay County, Oklahoma residents only)

The HeartPower schoolsite program is a motivational and fun way to help your students develop heart-healthy habits for a lifetime. It is important for our children to learn good habits early in their lives. If all health trends remain constant, approximately 35 million of our 83 million children will eventually die from heart and blood vessel diseases. The HeartPower program, developed by the American Heart Association, includes researched-based information and was funded, in part, by Jump Rope for Heart and Hoops for Heart

In cooperation with the American Heart Association the Kay County OSU Extension Center is offering free loan of teaching kits for grades Pre-K, K-2, 3-5 and 6-8. HeartPower is flexible--use all the lesson plans or just the ones you need

most! Kits may be reserved by teachers for one month by contacting the Kay County OSU Extension Center by phone or mail. Requests will be filled on a first-come basis so reserve your kit early. Plans for delivery and return of kits will be determined individually.

Each kit includes:

***Teachers Resource Book
(16-19 lesson plans)***

Video / Audio Tapes

Posters

Stethoscopes

Student Readers

Big Book (Pre K, K-2 kits)

***Additional items available upon request
include a wrist blood pressure cuff and
body fat analyzer.***

Complete the registration form and mail to:



Mary Rhyne, Extension Educator
Family & Consumer Sciences/4-H,
Kay County
P. O. Box 430
Newkirk, OK 74647

Phone 580/362-2200
Fax 580/362-2268
Email rhyne@okstate.edu

The Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability or status as a veteran in any of its policies and is an Equal Opportunity Employer.

**Work in Agriculture, Family & Consumer Sciences, 4-H, Rural Development.
USDA, OSU, KAY CO. COMMISSIONERS COOPERATING**

HEARTPOWER!

You can have a healthy

heart, It's as easy as

1 2 3!

Eat healthy stuff,

Move around enough,

Live tobacco-free!

Reservation Form:

Teacher Name: _____

School Name: _____

Phone number: _____

Best time to reach you: _____

Fax #: _____ Email: _____

Mailing Address: _____

Street Address: _____

Town: _____

Grade Level (circle one)

PreK K-2 3-5 6-8

Date desired: 1st choice _____

2nd choice _____

3rd choice _____

If you are requesting either of these items please check: Blood Pressure Cuff _____

Body Fat Analyzer _____

This free loan program is available with the understanding that:

- Teachers and/or students will complete the appropriate evaluation forms and return them to the OSU Extension Center within one week following use of the item(s).
- Teachers will return the item(s) to the OSU Extension Center when their loan period is over. (Late returns prevents delivery to another school.)
- The borrower assumes responsibility for cost of repair/replacement necessary due to loss or damage.

Your signature indicates that you agreed to these three points and is required for the free-loan program.

Signature

I hope you will contact the Kay County OSU Extension Center for additional educational materials available through our Family & Consumer Sciences program on clothing, family life, health and nutrition, family economics, housing and home businesses.

Mary Rhyme