

Mayo Clinic Minute

Tips for family heart health

Video	Audio
	A lifetime of heart health starts in childhood.
Stephen Kopecky, M.D. Cardiology Mayo Clinic	“We know that kids do what they learn. If they learn to eat healthy, they continue to do it. If they learn to be active physically, they continue to do it.”
	Dr. Stephen Kopecky says a child’s eating habits form between ages 10 and 12, and exercise habits develop between ages 6 and 8. If those habits are not heart-healthy ...
Stephen Kopecky, M.D.	“We can predict they’re more likely to have heart disease later in life.”
	Dr. Kopecky suggests families get heart-healthy together, and the key is to make it fun.
Stephen Kopecky, M.D.	“What we’ve done in this country is, sometimes, make it punitive. ‘Oh, I’ve got to eat that? Ugh.’ You know, who wants to do that? Or remember PE classes in school?”
	Do activities that get you and your family moving and smiling. Let your kids help plan and cook family meals. Dr. Kopecky says the family that moves, eats and smiles together, gets healthy together. For the Mayo Clinic News Network, I’m Vivien Williams.