

Project Heart

Activities for the Classroom

Can you identify exercises that are good for your heart?

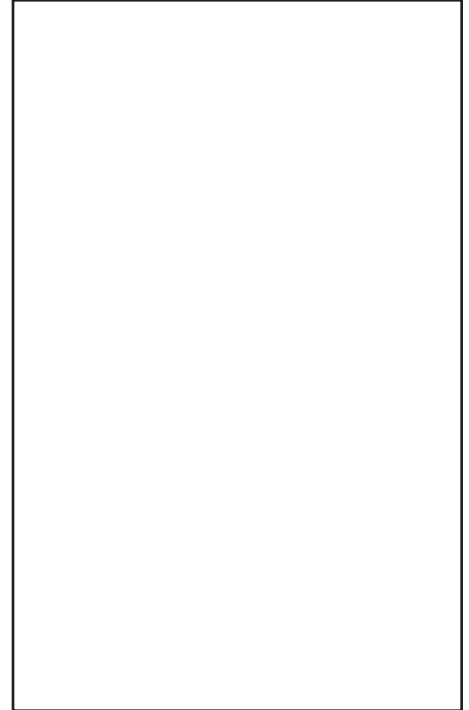
Think of an exercise that you like to do. Then draw a picture of that exercise in the box (or find a picture in a magazine or newspaper that shows someone doing the activity.)

Describe the exercise on the lines beside the picture and tell how the activity helps your heart.

EXERCISE HEART-SMART CHOICES

Exercise I like to do:

How the exercise helps my heart:



Exercise I would like to learn how to do:

How the exercise would help my heart:

