

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:**

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**How the exercise helps my heart:**

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**Exercise I would like to learn how to do:**

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**How the exercise would help my heart:**

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