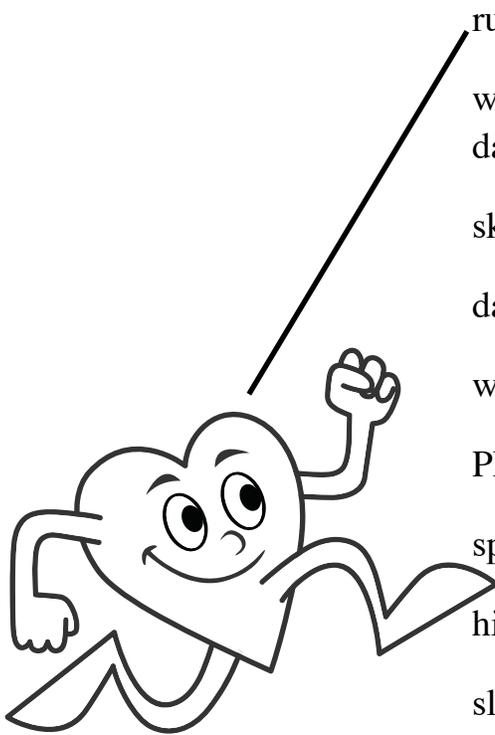


Activities that make your heart strong and healthy

Some activities give your heart energy and strength. And some activities make your heart take away its energy. Match the right activity to the energetic heart or tired heart. Then color the hearts.



running

watching TV for more than 2 hours a day

skipping breakfast

dancing

walking

PE class

sports

hiking

sleeping less than 8 hours

skipping lunch

no exercise

sitting all day

playing on the computer for hours

being active every day

doing house chores

gardening

snacking all day

laying on the couch

helping in the kitchen

being bored

