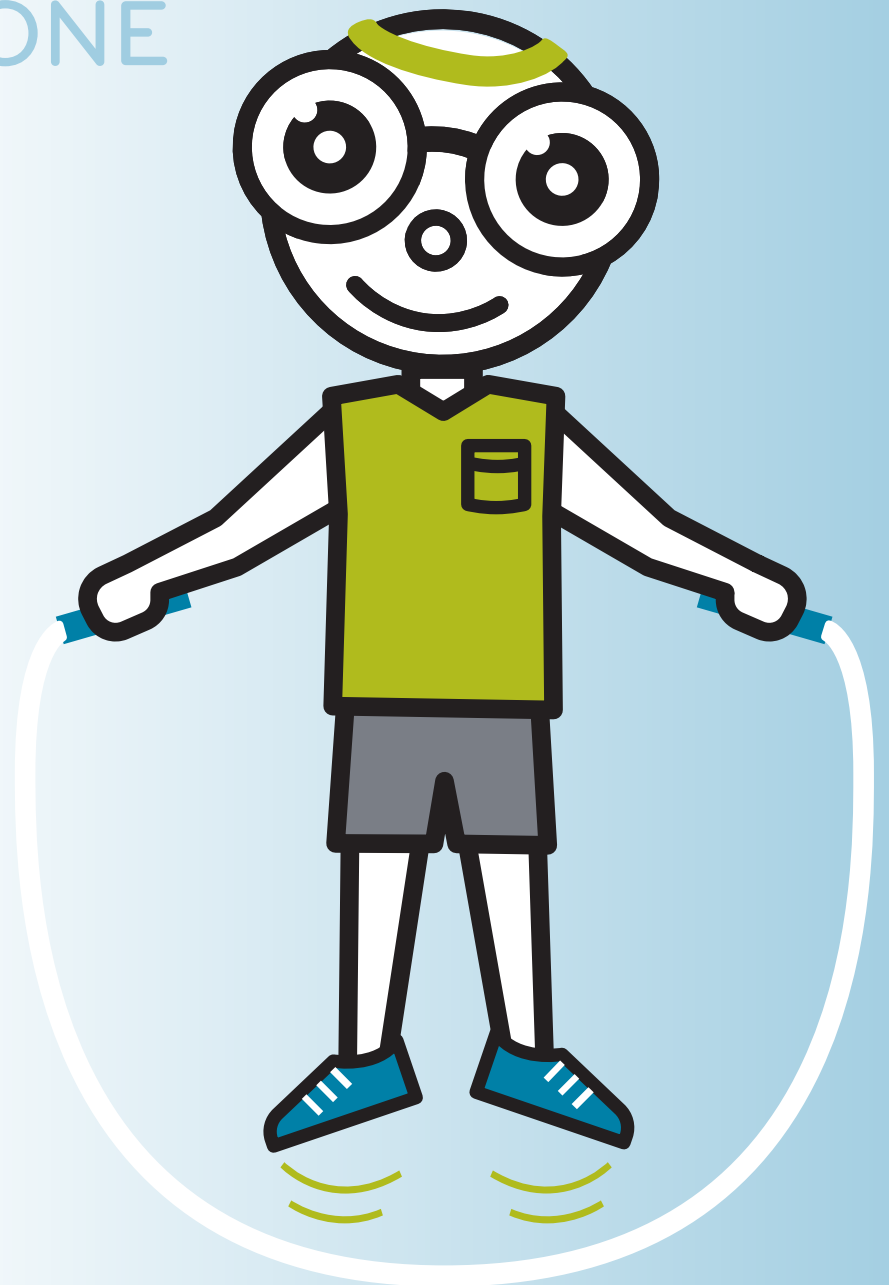


HEART HEALTHY FUN

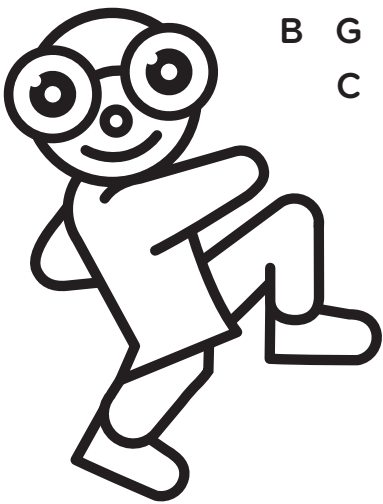
FOR EVERYONE



HEART HEALTH PRIME WORD SEARCH

See if you can find the hidden heart health and pharmacy words.

A B D Z L X F X
 I C B H B P S S C E U W
 P S T Q I E Z O E T I L V K Y H
 J H W I L J C X N T P V N M U E U P E P
 K X K J V Y H V Y E K O D N J M R T M A U C
 U V O B N E N S A G C R R R A F T X Q Z R N Q H
 J U Y M C T E S B J O L C H M Q X T J F T V E E
 D M L G V I R Y A F L N E I R P X M I C Y C J N
 L F P G T N J V S C E T S C S B J C J M C Z A S
 V V L A B Q B J E K D M W B M E D I C I N E U F
 U I G N F L B B B N V U V T J B S A N Y Q B Z A
 L B H X P Q I A I J D V T I K X T E N N I S
 E C I I J H R L L S K A T E B O A R D U T T
 J T B F E P L X K J Z H G P L W B Z H Q
 B G L A C L E K O J S E Y Z G O T H
 C N L M L M A S Y N K T N Y D I
 B T K T J J Y V X Y I R T Y
 H P V I H S Z O P C Q I
 M C A Y Z H M A R Z
 L J L B U C U J
 O F J I E W
 Y N U P
 S H



ACTIVE
BICYCLE
TENNIS

SKATEBOARD
BASEBALL
HEART

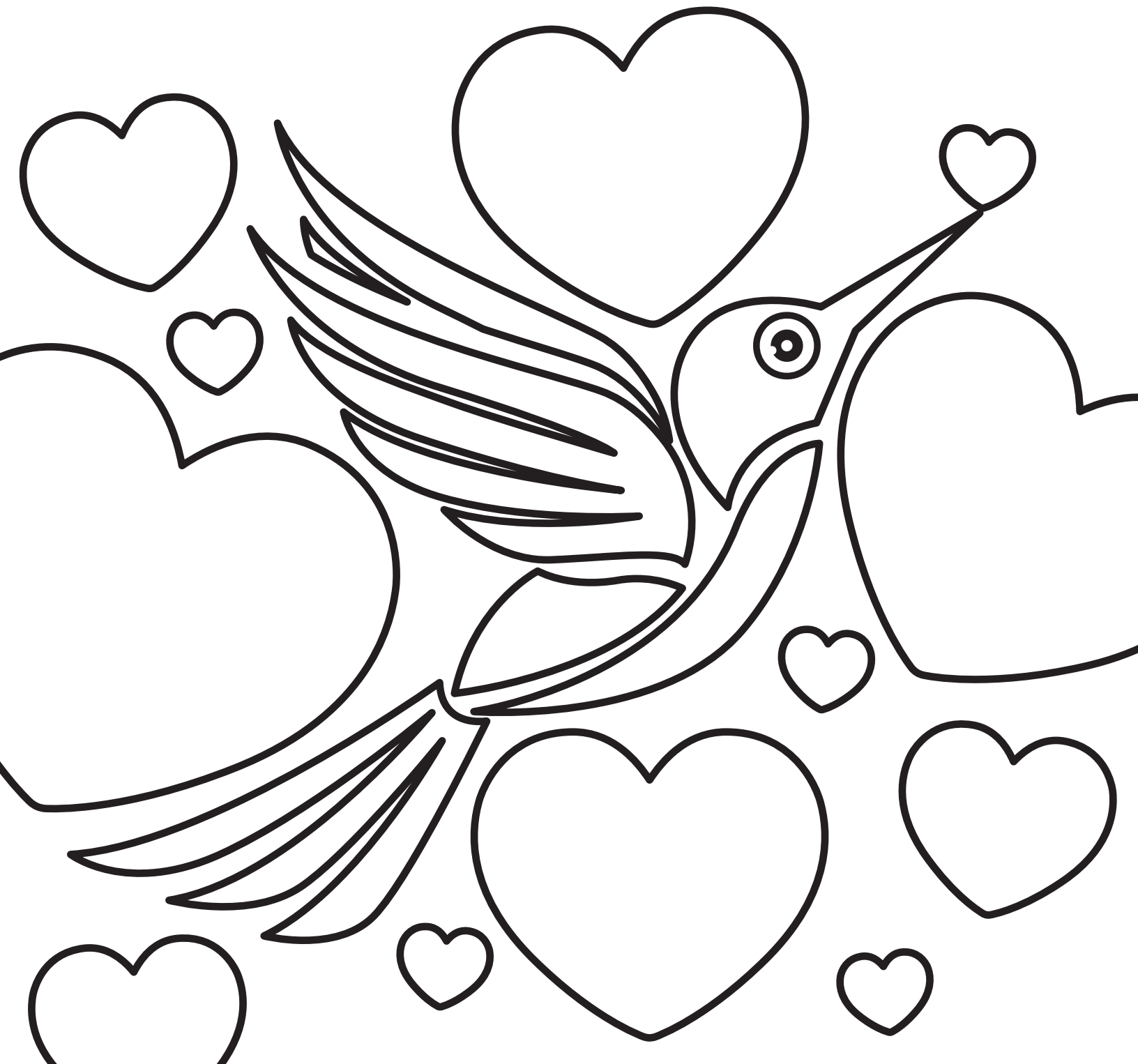
BODY
HEALTH
EXERCISE

JUMPING
MEDICINE
FEVER

HEART HEALTH FUN FACTS

DID YOU KNOW?

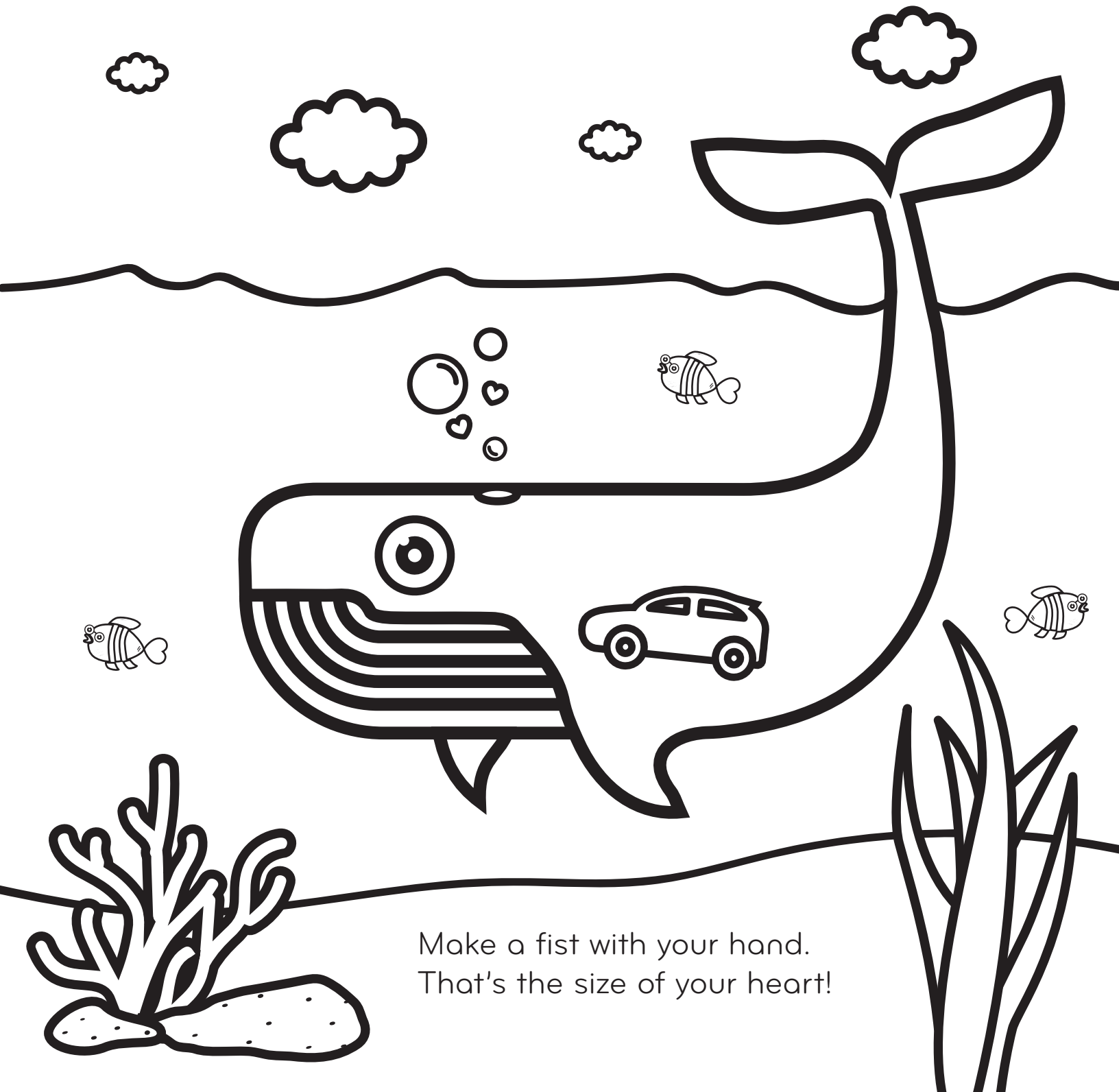
A hummingbird's heart rate can soar up to 1000 beats per minute in some species.



HEART HEALTH FUN FACTS

DID YOU KNOW?

A blue whale's heart is as big as a compact car.

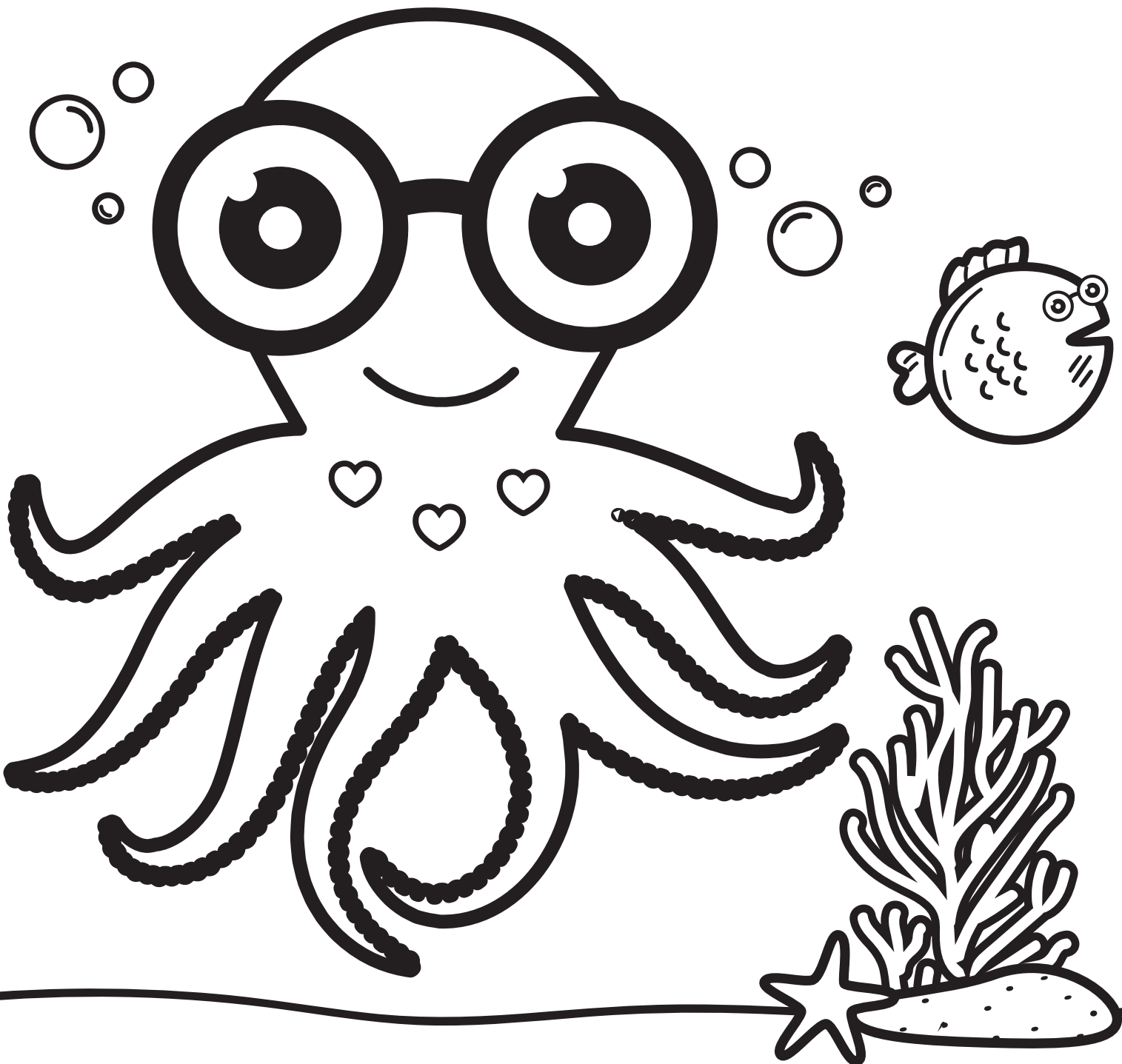


Make a fist with your hand.
That's the size of your heart!

HEART HEALTH FUN FACTS

DID YOU KNOW?

Octopuses have three hearts.



HEART HEALTH SIDEWALK CHALK ACTIVITIES

WHERE THERE'S CHALK, THERE'S FUN.



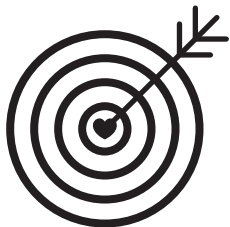
GIANT CHUTES AND LADDERS

With just a pair of dice, some chalk and enough space, the whole family can play chutes and ladders. It's classic chutes and ladders fun you can enjoy in a huge way.



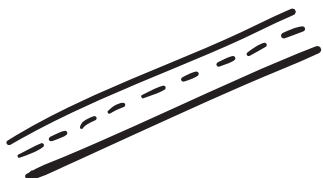
AVOID THE SHARK

With different colors of chalk, draw "beaches" various distances apart. Use blue chalk to draw water and shark fins between the beaches and have kids jump from beach to beach to avoid the "sharks" in the "water."



CHALK BULLSEYE

Use various colors of chalk and draw concentric circles with a bullseye in the middle. Within each circle, write point values if kids want to brush up on their math skills or simply use markers to see who can throw an item closest to the bullseye. For markers, use chalk, stones or on hot summer days, wet sponges or water balloons.



CHALK MAZE

Have kids design their own web of squiggly lines, circles, and other lines with chalk to design a maze through which others can walk, run, cycle, or scooter. The bigger, more colorful, and more intricate the maze, the more fun kids will have working their way through.

HEART HEALTH HEARTS AND CRAFTS

GET CREATIVE AND GIVE A PAPER HUG

Color the hearts and add a fun face to the bigger heart. Cut out the hearts and cut along the dotted lines. Fold the paper like an accordion. Attached the 2 smaller hearts to the folder paper and attach to the bigger heart. Give it to someone you love!

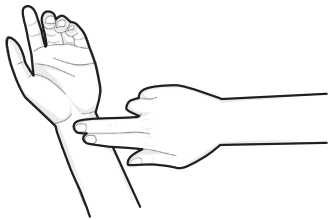


HEART HEALTH

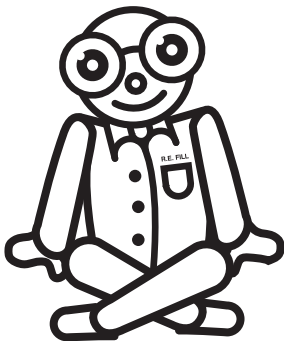
HEART RATE ACTIVITIES

GET A PULSE ON YOUR HEART RATE!

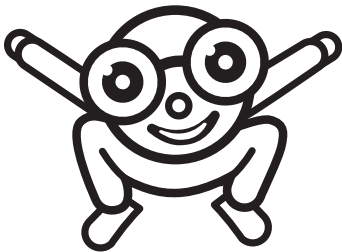
Your heart is what pumps blood and oxygen throughout your body. The more your body moves, the more oxygen your body needs. Try these activities and see how your heart responds to how your body moves.



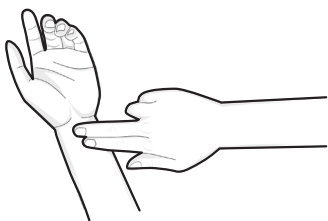
To find your pulse, place two fingers on your wrist or on your neck (image).



Sit down, count how many times your heart beats for one minute.



Now do 50 jumping jacks. Check your pulse again.



After resting for five minutes, check your pulse again.

HEART HEALTH

HEALTHY HEART SNACK IDEAS

HEALTHY SNACKS FOR A HEALTHIER HEART

Your heart depends on you to give it good, healthy food. Try these easy, yummy recipes and your heart, and tummy, will thank you!

RAINBOW SKEWERS:

What's more fun than rainbows? Food on a stick! Even the pickiest kids will gladly devour these color coordinated treats, and there's room to improvise based on your child's preferences, like cantaloupe instead of clementines. (via Coupons)

