

# Make Yours a Healthy Heart!

## Heart-a-Facts

- \* Your heart is a pump that moves blood to all the different parts of your body.
- \* The pump works when the heart expands (fills with blood), then contracts (pushes the blood out).
- \* When you are physically active, your heart works harder and faster to get your blood to the muscles you are using.

## Physical Activity Raises Your Heart Rate

Your heart beats to fill up with blood and then pushes it out to reach all of the parts of your body. When you are active, your body needs more oxygen from the air we breathe, and your heart has to get it there fast! So, when you are active, your heart has to beat faster than normal. To see how fast, try this experiment:

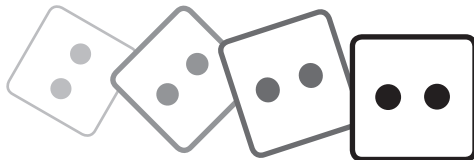
- \* Put your hand on your chest now. Can you feel anything? Probably not much if you have not been active.
- \* Now, do 25 jumping jacks, and then put your hand on your chest again. Do you feel anything this time? That is your heart beating faster to get oxygen to the muscles you just used doing jumping jacks.

## Roll the Dice Fitness

### Ready

- 1 die

### GO!

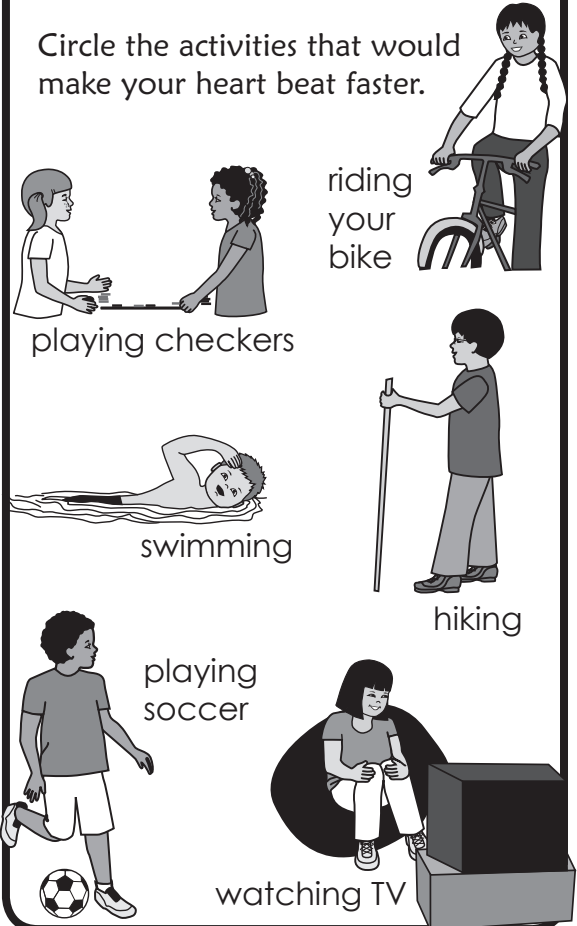


1. The youngest player is 1st to roll the die. What number did they roll? See below for what to do for each number, then all players complete the activity. How many rolls can you do in 10 minutes?
2. **Activities**
  - #1 Hop on 1 foot 10X
  - #2 Jump with 2 feet side-to-side (skier) 20X
  - #3 Jog in place for 30 steps
  - #4 Stretch toward your feet (to the count of 40)
  - #5 Complete 5 push-ups (from your knees or feet)
  - #6 Play Charades. The die roller acts out an action word (verb) for the others to guess.

## happy hearts

How do you keep your heart happy? By doing activities that make your heart beat faster!

Circle the activities that would make your heart beat faster.



## READ ALL ABOUT IT!

My Amazing Body: A First Look at Health and Fitness  
by Pat Thomas

**SPARK™**  
K-2

# FAMILY NUTRITION AND PHYSICAL ACTIVITY CALENDAR

Use the calendar below for ideas on how to stay healthy this month. Each day, choose 1 activity below. Every time you complete an activity, you earn a star. Color it in. How many stars can you earn this month?

|   |   |   |  |   |                                   |  | TOTAL |
|---|---|---|--|---|-----------------------------------|--|-------|
| Do some gardening (rake leaves or pull weeds) | Eat a new vegetable you haven't tried before                        | Take a walk around the block                                  | Play tag   | Play catch! Use a ball, flying disc, or water balloon           | Take a family walk after dinner   | Cook a meal with a family member               | _____ |
| Try a new physical activity                   | Replace soda with milk, water, or 100% fruit juice                  | Get wet! Run through the sprinklers or the rain               | Take your dog for a walk                           | Ride your bike  | Turn off the TV for an entire day | Walk around a mall                             | _____ |
| Take the stairs instead of the elevator       | Make an obstacle course at the park, and time each other through it | During a commercial, do an activity (jog in place, jump rope) | Try an activity that begins with "S" (swim, skate) | Go bowling as a family  | Turn on some music and dance      | Eat some crunchy veggies (carrots, cucumbers)  | _____ |
| Don't eat any fast food today                 | Jump rope for 50 jumps  | Eat breakfast as a family                                     | Have some fresh fruit for dessert                  | Try an activity that begins with "H" (hopscotch, hide and seek) | Play charades as a family         | Park farther away from the store and walk more | _____ |

- 0-7** Not a great month. Better luck next time.
- 8-14** Good start, with room for improvement. You are headed in the right direction.
- 15-21** You are getting healthy! Keep it up!
- 22-28** You are a SPARK Star! You are a great role model for others.

Your total for the month:

