

Name: _____

Date: _____

Healthy Heart Activities

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

Eight Hours

Gym class

Relaxing

Laughing

Exercise

Napping

Walking

Running

Recess

Sports

Hiking

Stress

Sleep

Rest

Tag