



HEALTHY HEART WORD FIND

Find the words listed below in the word find!

- HEART
- HEALTH
- RUNNING
- MUSCLE
- BLOOD
- PUMP
- EXERCISE
- HEART BEAT
- ACTIVE
- JUMP

There is one more word hidden. Can you find it?
Hint: Kids should be active _____ of the week.

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

EVERYDAY HEART HEALTH TIPS

1. Live tobacco free
2. Exercise daily
3. Learn CPR (Cardiopulmonary Resuscitation)
4. Eat a healthy diet
5. Drink plenty of water
6. Wash your hands
7. Be well rested
8. Limit your intake of candy and sweets

List at least two other tips you could give to someone to help them be heart healthy

1. _____

2. _____