



## HEALTHY HEART WORD FIND

Find the words listed below in the word find!

- HEART
- HEALTH
- RUNNING
- MUSCLE
- BLOOD
- PUMP
- EXERCISE
- 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 heart-healthy foods
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. \_\_\_\_\_