



# Heart-Healthy Body

**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Week 5**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		Find the fruit & veggie of the month at <a href="http://www.harvestofthemonth.com">www.harvestofthemonth.com</a>		List all of your body parts that help you eat and be active. Move each one!	
Week 2	As a class, plan to participate in AHA's <i>Jump Rope for Heart</i> or <i>Hoops for Heart</i> fundraisers.		Count the number of times your heart beats in one minute. That's your heart rate!		Check your heart rate while doing various activities.
Week 3		Be kind to your heart and the hearts of those you love.		Do some stretches today. Name or spell each body part as you go.	
Week 4	Jump rope and check your heart rate.		Play basketball and check your heart rate.		Go for a walk and check your heart rate.
Week 5		Taste test a new food today and explore all of your senses.		Check the heart rates of your family members after doing various activities.	