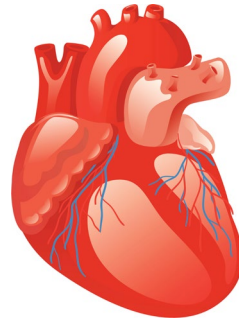


# HEY, KIDS! Your Heart is a Muscle!

## Your Healthy Heart

Your heart needs to be strong to move (pump) blood around in your body.



## Try This!

**Make a fist with your hand.**

Your heart is about the size of your fist.

**Now squeeze your fist.**

That's kind of like what your heart does. It "squeezes" blood in and out of your heart to your legs, brain, arms and other parts of your body.

## Did You Know?

Your blood carries oxygen to your body. When you're active, your body needs more oxygen so your **heart** pumps faster!



# How to Keep Your Heart Healthy and Strong

## Eat a Rainbow of Fruits and Vegetables

Try to pick fruits and vegetables of all different colors. Think of a **rainbow**. Here are some ideas:

- blueberries
- red pepper
- asparagus
- cantaloupe
- grapes
- watermelon
- mushrooms
- green peas
- eggplant
- carrots
- potatoes
- raspberries
- kiwi
- tomatoes



## Move Your Body!

Try to do something active for at least 60 minutes every day.

Try one of these fun activities:

- play tag
- dance
- jump rope
- go sledding
- play your favorite sport.

