ACTIVITIES THAT MAKE YOUR HEART STRONG AND HEALTHY

Some activities give your heart energy and strength. And some activities make your heart take away its energy.
Match the right activity to the energetic heart or tired heart.

1. running
2. watching TV for more than 2 hours a day
3. skipping breakfast
4. dancing
5. walking
6. PE class
7. sports
8. hiking
9. sleeping less than 8 hours
10. skipping lunch
11. no exercise
12. sitting all day
13. playing on the computer for hours
14. being active every day
15. doing house chores
16. gardening
17. snacking all day
18. laying on the couch
19. helping in the kitchen
20. being bored

LIVEWORKSHEETS