

# My Healthy Heart

by Stretch-n-Grow

## HAPPY HEALTHY HEARTS



fruits and vegetables



It's easy to keep your heart happy!



**CARDIAC  
MUSCLE**

**MOTOR  
SKILL  
FOCUS**

Running  
(Locomotor)



**YOGA  
POSE**

Runner's  
Lunge



**ADVENTURE OF THE WEEK: Happy Valentine's Day ★**

**Be My Valentine!**

This week, we will practice exercising our cardiac muscle! Our stars know moving our bodies by jumping, hopping, skipping, running and galloping really gets our ticker pumping!

