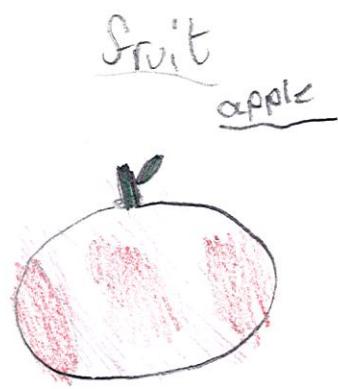


How to Keep our Hearts

Healthy

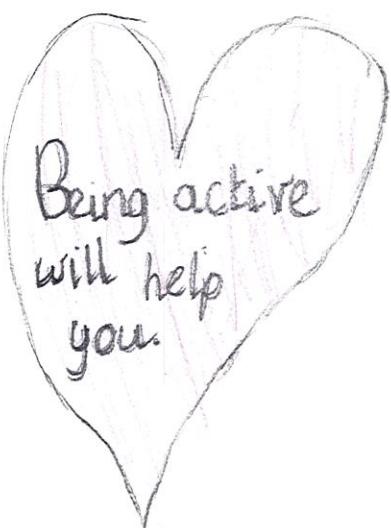


- Keep your heart healthy by eating healthy



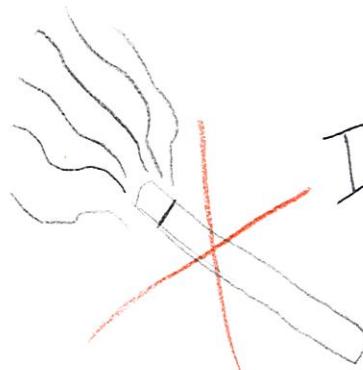
Healthy Heart

A healthy Heart helps you do lots of things but when it's not healthy you can't do as much.



You can be healthy by doing exercise like swimming, netball, football and bescetball.

When we're active we can stay healthy. We can also keep our heart pumping.



It's bad for your heart.

Fruit is good for you to.

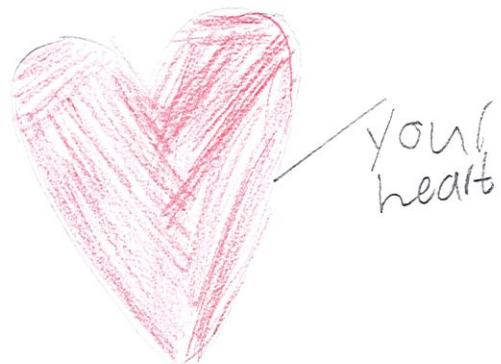
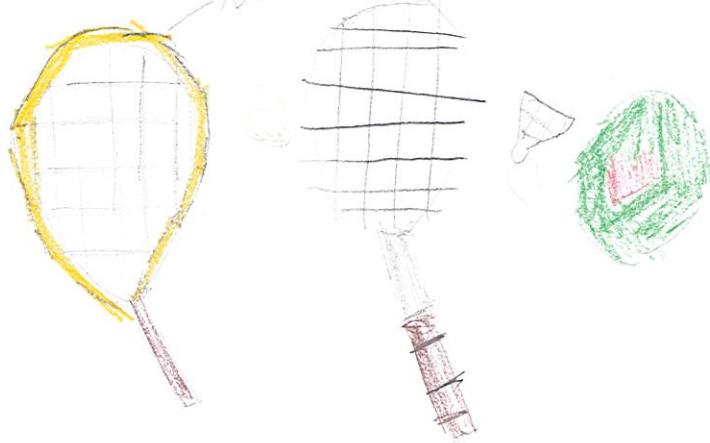


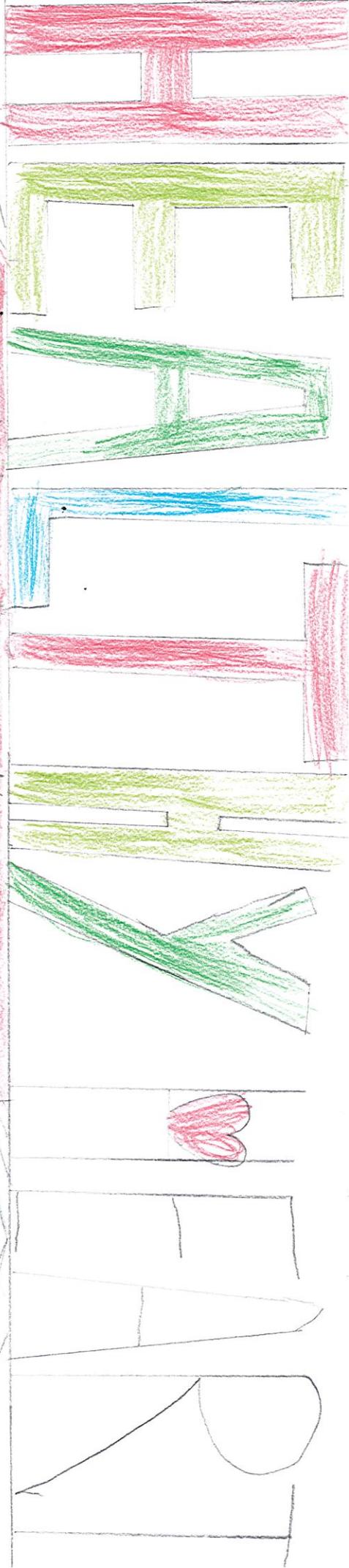
H E A L T H Y

L E A R N

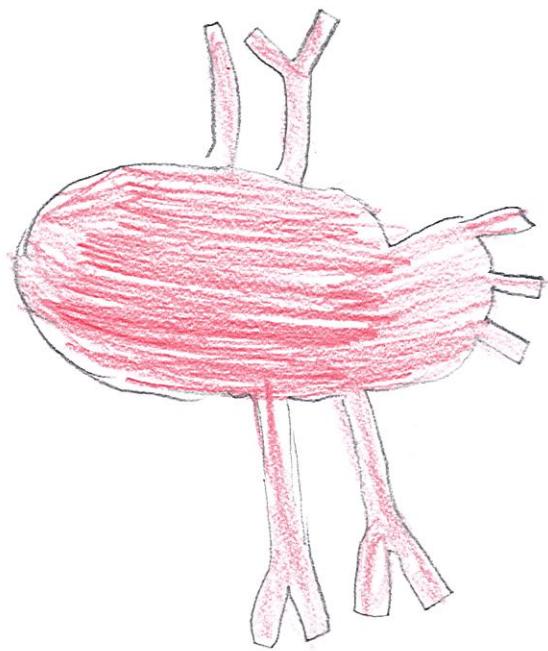
- To keep your heart healthy you need to keep fit and active.
- Don't be lazy and go swimming or do any other sport like netball, football or basketball to keep yourself healthy.

tennis padminton





this is the heart



muscles

very hard

you need to exercise about 1 hour every day

sports

you can

play

different

parts

of your body

that will help



hand

arm

leg

body

work

hard

and

strong

ball

golf

tennis

volleyball

baseball

swimming



tennis

volleyball

baseball

swimming

golf



golf

baseball

swimming

golf

baseball



baseball

swimming

golf

baseball

swimming



swimming

baseball

golf

baseball

swimming