

Project Heart

Activities for the Classroom

Can you exercise every day for one week?

Challenge yourself to at least 30 minutes of exercise every day for one week. Use the list of suggested activities as a guide. (It's okay to do other exercises that are not on the list. It's also okay to do the same exercise more than once in the same week.)

When the week is over, turn your list in to your teacher. Keep up the challenge for 4 weeks and earn a Heart Smart certificate from the Texas Heart Institute.

EXERCISE

MY HEART-SMART JOURNAL

Date: _____

My Personal Goal: _____

Write the name of your activity and place a check mark under the day(s) of the week you exercised. Write where you exercised as well (home, school, YMCA, park, etc.).

Activity	M	T	W	TH	F	S	S	Place

Suggested Activities

- | | | |
|---------------|---------------------|----------|
| Aerobics | Football | Soccer |
| Baseball | Group games | Swimming |
| Basketball | Gymnastics | Tennis |
| Biking | Jogging | Tumbling |
| Bowling | Jumping rope | |
| Brisk walking | Nature walks | |
| Cheerleading | Playing in the park | |
| Climbing | Running | |
| Dancing | Skating | |