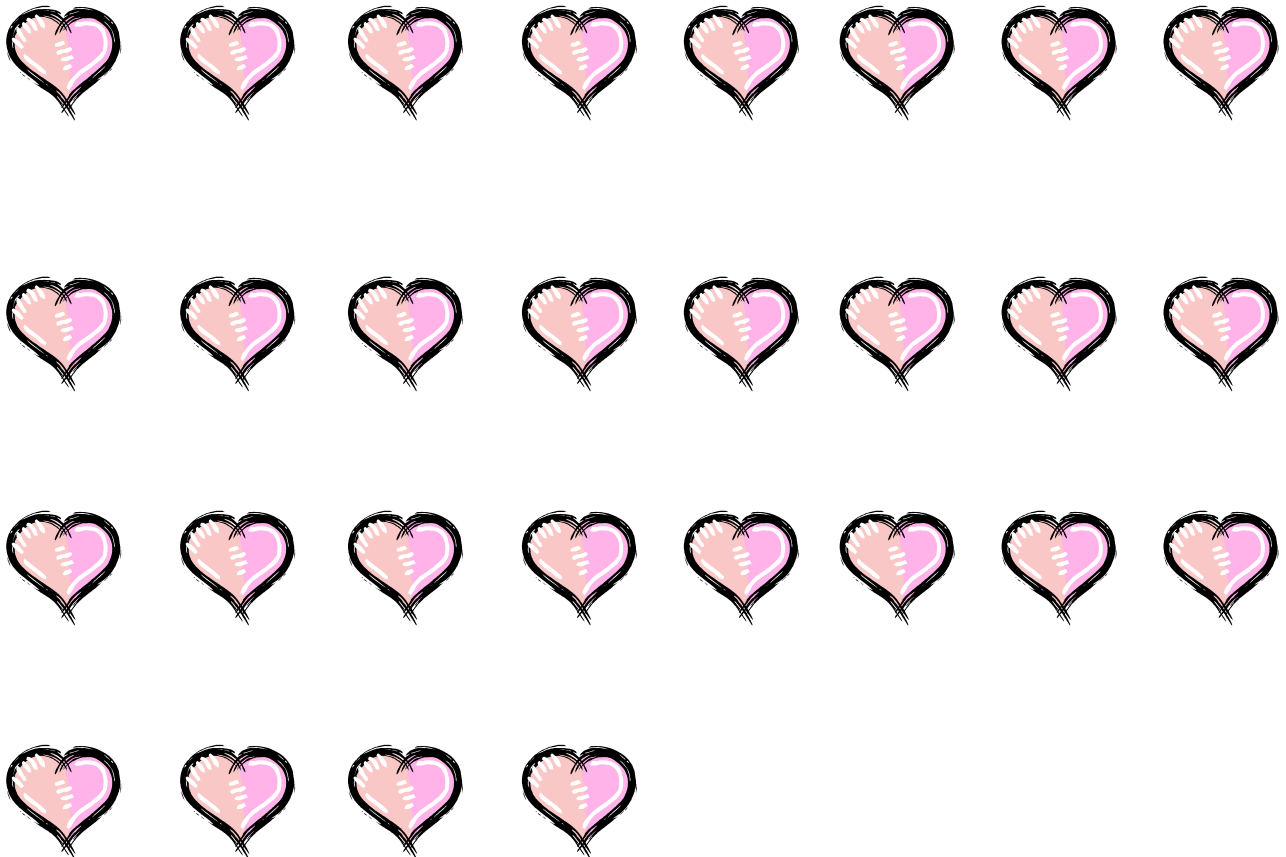




February is National Heart Month and an opportunity to doing something great for your heart. . . **BE ACTIVE!** Therefore, here is another challenge. Try to be physically active as many days as you can for the month of February.

For every day that you are moderately to vigorously physical active for at least an accumulation of 30 minutes, color in one heart. Give yourself the gift of a healthier heart and more fit body for Valentine's Day and the month of **LOVE**, February. Do it...if not for yourself, for someone who loves you and wants you around for a long time!

Name: \_\_\_\_\_



Remember to hand in your form to \_\_\_\_\_ no later than \_\_\_\_\_. Have fun being active and loving your heart!