

## On the Move!

Exercise makes a heart stronger.



1. Jump. It makes a heart stronger.



2. Run. It makes a heart stronger.



3. Play ball. It makes a heart stronger.



4. Jump and run and play each day. It gives a body energy. Hip, hip, hooray!

What is a different way to get exercise?

 Draw.  Write.

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**Answer Key**

**“On the Move!”**

Answers will vary.