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.
Answer Key

“On the Move!”

Answers will vary.