



MATERIALS

stopwatch or watch/timer with a second hand

TO PLAY

1. Ask students to stand and close their eyes. Then instruct them to jog in place at your signal and to sit down when they think one minute is up. As students jog and sit down, note who is closest to one minute.
2. When one minute is up, recognize who sat down at or closest to the one-minute mark. Then share one of the “Get Moving for Your Heart!” facts below.
3. Repeat Steps 1–3 to see if students can get closer to the one-minute mark. Ask students to do a different physical activity in place, such as knee raises or arm circles.
4. Repeat Steps 1–3, but this time, have students sit down when they think 30 seconds is up.

Got a Minute?

Sneak in some heart-healthy facts about physical activity with this fun challenge.

GET MOVING FOR YOUR HEART!

- Taking part in physical activity for at least 60 minutes a day can keep your heart strong and healthy.
- Healthy hearts need regular physical activity. But, a recent survey reported that more than 40% of highschool-age students play video or computer games for three or more hours daily.
- Physical activity doesn’t just build strong muscles— it strengthens your bones and can reduce symptoms of depression too.
- Physical activity gives your heart a good workout!
- The average man’s heart pumps almost 2,000 gallons of blood each day. That is how much water some fire departments’ tanker trucks can hold.