



IN ADVANCE

Label four index cards and four slips of paper with the numbers 1–4 (one number each). Tape each card in a different corner of the room. Place the even-numbered slips of paper in one envelope and the odd-numbered slips in a different envelope.

TO PLAY

1. Read aloud one of the statements on the right. Then say, “If you think this statement is true, move to an even-numbered corner. If you think this statement is false, move to an odd-numbered corner.”
2. Provide the answer and tell students who were correct that they are safe. Using the even or odd envelope for the incorrect answer, randomly draw a corner number. Have those students sit down.
3. Repeat Steps 1 and 2 until there are only five to seven students left. Then announce that only two students may be in any one corner.
4. Play until only one student remains as the winner.

Heart-Healthy Four Square

Put a heart-healthy twist on a favorite classroom game. |

TRUE OR FALSE STATEMENTS

- The average man’s heart pumps almost 200 gallons of blood each day. **False. It pumps almost 2,000 gallons each day.**
- The smallest blood vessels in the body are called capillaries. About ten of them equal the thickness of one human hair. **True**
- Physical activity not only builds strong muscles—it also decreases the symptoms of depression. **True**
- Each year, about 800,000 people die from heart related conditions in the United States. **True**
- A recent survey reported that 20% of high-school age students play video or computer games for three or more hours every day. **False. The percentage is actually 40%.**
- To keep your heart healthy and strong, you should engage in active play for at least 20 minutes every day. **False. For the most benefit, you should engage in active play for at least 60 minutes every day.**
- Some of the tiniest blood vessels, called capillaries, are so small that only one blood cell can pass through them at a time. **True**