

New Seat Switch

Switch things up with this quick,
fun game that shares
information about the heart's
need for regular physical activity.



MATERIALS

Any kind of music.

TO PLAY

1. Announce that at the sound of music, you will make a true or false statement about heart health. Each student must stand and switch seats, making sure the new seat is at least ten feet away from the old one. In addition, students must perform the action that indicates whether they think the statement is true or false.
2. Announce one of the statements below; then turn on the music.
3. Once every student has moved to a new seat, reveal whether the statement was true or false. Then repeat Step 2.

TRUE OR FALSE STATEMENTS

- For every one hour you exercise, you may gain two hours of life expectancy. If you think this is true, pretend you are juggling three apples as you walk to your new seat. If you think this statement is false, walk as if you are balancing a bucket of ice cold water on your head. **True**
- Less than 30% of high-school-age students watch television for more than 3 hours on the average school day. If you think this is true, walk while doing arm circles to a new seat. If you think this is false, write your first name in the air with your elbow while you walk. **False. More than 30% of high-school-age students watch television for more than 3 hours on the average school day.**
- Physical activity can reduce the symptoms of depression. If you think this is true, do bicep curls while you walk to your new seat. If you think this is false, run in place for a count of 10 before you move to your new seat. **True**
- A recent survey reported that more than 40% of high-school-age students play video or computer games for 3 or more hours every day. If you think this is true, walk sideways to a new seat when the music starts. If you think this is false, walk in slow motion to a new seat. **True**
- Exercise increases the risk of heart disease and low blood pressure. If you think this is true, walk to your new seat as if you are walking barefoot on hot coals. If you think this is false, walk to your new seat as if you are being pulled against your will by a magnetic force. **False. Exercise reduces the risk of heart disease and high blood pressure.**