



Number Go!

Students band together in this fun game, followed by a discussion of some number-related facts about heart health.

TO PLAY

1. Direct each student to stand up and walk in any direction around the classroom.
2. Say a number between 2 and 7, followed by "Go!" At this signal, students must join together in groups of that size.
3. Any student left without a group sits down.
(To keep sitting students involved, ask one of them to call out the number for the next round.)
4. Repeat Steps 1–3 until time runs out or only two students are left standing.
5. At the end of the game, share the "number facts" about heart health below with students.

NUMBERS RELATED TO HEART HEALTH

- **The number is 2.** Physical activity is a key to good heart health. For example, you can gain 2 hours of life expectancy from every hour you exercise.
- **The number is 8.** A can of soda can have about 8 teaspoons of sugar.
- **The number is 20.** A 16-ounce bottle of soda can have as much sugar as 20 sugar cubes.
- **The number is 83.** The heart pumps out about 83 gallons of blood each hour.
- **The number is 200.** If you were to drink two 20-ounce sodas every day for a year, the amount of sugar you would consume would total about 200 cups.
- **The number is 480,000.** Each year, more than 480,000 people die prematurely from using tobacco and being exposed to secondhand smoke.
- **The number is 800,000.** Each year, about 800,000 people die from heart-related conditions in the United States.