Fill in the Blanks

Use the words in the list to complete the sentence.

1. Your heart is the size of ______________.
2. Your heart pumps ______________ of blood per hour.
3. The animal with the largest heart is ______________.
5. Beat wants everyone to learn Hands-Only _____.
6. ___________ Finn’s Mission!
7. There are 60,000 ___________ of blood vessels in your body.
8. Make a ___________ change and move more!
9. ___________ encourages us to sleep 9-12 hours every night.
10. _______ vaping and tobacco and say NO!
11. A doctor who specializes in hearts is a _________________.
12. Laughter is good for your ______________.
13. ___________ is an addictive chemical found in cigarettes and vaping devices.
14. Move more! We should be active for _______ minutes a day!
15. Our hearts have __________ chambers.
16. The heart works twice as hard as the leg muscles of a ______.
17. We should eat ______ servings of fruits and vegetables a day.
18. The fairy fly, which is a type of wasp, has the ______ heart of any living creature.
19. Tru wants us to be ___________.
20. Join _______________ in eating healthy and choosing water!
1. Your heart is the size of **YOUR FIST**.
2. Your heart pumps **83 GALLONS** of blood per hour.
3. The animal with the largest heart is **BLUE WHALE**.
5. Beat wants everyone to learn Hands-Only **CPR**.
6. **COMPLETE** Finn’s Mission!
7. There are 60,000 **MILES** of blood vessels in your body.
8. Make a **BOLD** change and move more!
9. **STAR** encourages us to sleep 9-12 hours every night.
10. **SKIP** vaping and tobacco and say NO!
11. A doctor who specializes in hearts is a **CARDIOLOGIST**.
12. Laughter is good for your **HEART**.
13. **NICOTINE** is an addictive chemical found in cigarettes and vaping devices.
14. Move more! We should be active for **60** minutes a day!
15. Our hearts have **FOUR** chambers.
16. The heart works twice as hard as the leg muscles of a **SPRINTER**.
17. We should eat **4-5** servings of fruits and vegetables a day.
18. The fairy fly, which is a type of wasp, has the **SMALLEST** heart of any living creature.
19. Tru wants us to be **KIND**.
20. Join **SPLASH** in eating healthy and choosing water!