Directions: Log into your Kids Heart Challenge account. Go to “Resources” then “Ideas On How To Be A Healthy Family” to find the answers to the following questions. If you have not registered with KHC, go to heart.org/KHC, find your school and follow the steps to create an account.

1. Kids who are active, have better ______________________ health, physical fitness, ______________________ function, attention, and ______________________ performance.

2. School age kids and teens (ages 6-17) should try to get at least ______ minutes per day of moderate to vigorous activity.

3. What are the four types of exercise?  
   1. ____________________________  
   2. ____________________________  
   3. ____________________________  
   4. ____________________________

4. Where does cholesterol come from? _______________________________________________________________
   ___________________________________________________________________________________________

5. What are the two types of cholesterol? 
   Good: ________________________  
   Bad: _______________________ 

6. What are Triglycerides? 
   ___________________________________________________________________________________________
   ___________________________________________________________________________________________
   ___________________________________________________________________________________________

7. What fraction of U.S. children are overweight? 
   ___________________________________________________________________________________________