



American Heart Association.

**KIDS** | **AMERICAN HEART CHALLENGE™**

**HOW TO PLAY:**

Complete the movement on each square until you've finished 4 exercises in a row.

Once finished, say: I can Move More like Heart Hero Bolt!

**BONUS:** Complete ALL 16 exercises.

# MOVE MORE BINGO



|                             |                           |                          |                          |
|-----------------------------|---------------------------|--------------------------|--------------------------|
| 15 SIT-UPS                  | 10 PUSH-UPS               | 30 SECOND PLANK          | 20 SQUATS                |
| 20 CALF RAISES              | 15 TOE TOUCHES            | 25 ARM CIRCLES           | 15 JUMPING JACKS         |
| RUN IN PLACE FOR 30 SECONDS | HIGH KNEES FOR 30 SECONDS | BUNNY HOP FOR 30 SECONDS | SKIP FOR 30 SECONDS      |
| CRAB WALK FOR 30 SECONDS    | BEAR CRAWL FOR 30 SECONDS | 15 SIDE LEG RAISES       | JUMP ROPE FOR 30 SECONDS |



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Life's Essential 8™

→ for kids