



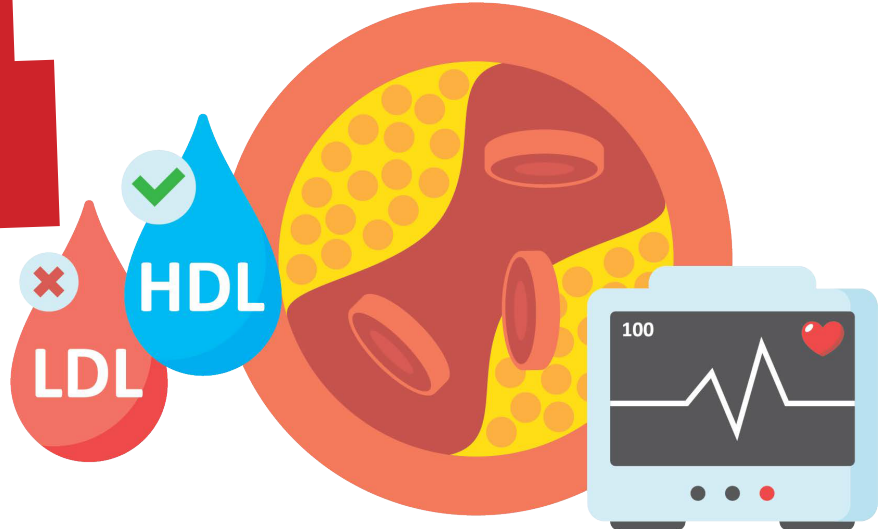
Watch the following video before completing this activity:

[What is Cholesterol?](#)

CLOGGED ARTERIES

MATERIALS:

- Wristbands or scrimmage vests
- Hula hoops
- Stopwatch or timer



ACTIVITY:

Choose five students to be the taggers. These students wear the wristbands. Place two or three hula hoops outside of the playing area to represent an artery.

If students are tagged, they become a piece of cholesterol and go over to an artery. When there are three pieces of cholesterol in an artery, it's clogged.

Have the students run in place for 30 seconds to one minute. Once they do this three times, they are back in the game. This symbolizes that exercise can help reduce cholesterol levels.

Change taggers every few minutes and do a pulse check.

ASSESSMENT IDEAS:

Review the terms cholesterol, heart rate and artery. Ask the following questions during your cool down time:

1. What do the hula hoops with students represent?
2. Why is exercise so important?
3. What is another way to reduce cholesterol?
4. Is exercise good for the heart?
5. Why is having a healthy heart important?

