



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