



American Heart Association.

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

WORD SCRAMBLE



PUMJ & PKIS

_____ & _____

KALW & OPH

_____ & _____

SSAUQT

ACWRL

TRESHCT

MRA CCLRISE

INPJMUG AJKSC

HHGI NEEKS

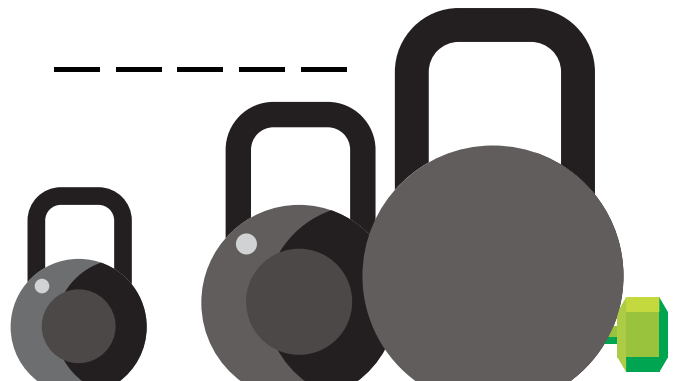
EOT CHTOU



American Heart Association.

Life's Essential 8™

→ for kids



WORD SCRAMBLE



Answer Key:

PUMJ & PKIS

JUMP & SKIP

KALW & OPH

WALK & HOP

SSAUQT

SQUATS

ACWRL

CRAWL

TRESHCT

STRETCH

MRA CCLRISE

ARM CIRCLES

INPJMUG AJKSC

JUMPING JACKS

HHGI NEEKS

HIGH KNEES

EOT CHTOU

TOE TOUCH

