

No. 2



Healthy hearts need regular physical activity! But a recent survey reported that more than 40% of high-school-age students play video or computer games for 3 or more hours daily, and more than 30% of these adolescents watch television for more than 3 hours on the average school day.

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Directions:

Have students work in small groups to brainstorm physical activities that would be easy to incorporate into their recess time or after-school plans. Instruct each group to make a poster displaying their ideas and then share the poster with the class.

Bonus: Arrange to display posters at another school in your area.