Heart Message

Write the word that completes the sentence.

1. Your ____ ____ ____ ____ ____ beats all the time.

2. ____ ____ ____ ____ ____ ____ are a healthful snack.

3. ____ ____ ____ ____ ____ ____ ____ ____ makes your heart stronger.

4. Your heart is a ____ ____ ____ ____.

5. All places should be ____ ____ ____ ____ ____ ____ ____.

6. Physical activities can help you stay ____ ____ ____ ____ ____ ____.

Use the circled letters to spell a heart message.

____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____!