**Path to a Healthier Heart Quick Activity**

Remind students that physical activity is good for the heart because, like other muscles, the heart muscle works better when it gets exercise.

Ask students to trace their footprint on a sheet of drawing paper or construction paper. On the footprint, have them write instructions for a simple activity, such as “Do ten jumping jacks.” or “Do five curl-ups.”

Make a path by taping the footprints around the edge of the classroom or, if necessary, in the gym. Invite students to exercise their heart muscle and their other muscles by following the path and performing the activities written on the footprints.