

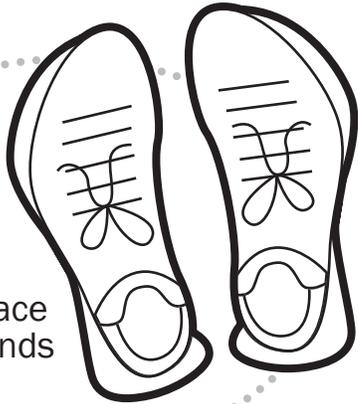
HEALTH TREK
Week 4

Have a Heart: Heart Health

Color in and check off a heart-healthy activity as you do it.
Try something new if you haven't already. What are some of your favorite activities?



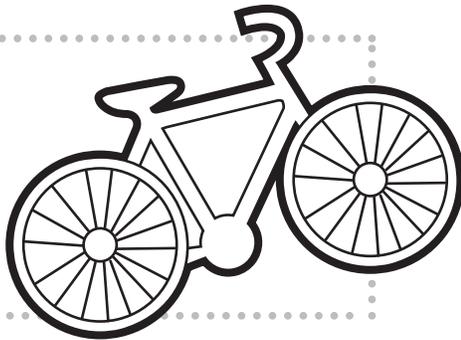
Run a race with friends



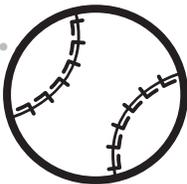
Practice yoga, or just sit quietly for a few minutes and take slow, deep breaths



Ride your bicycle. Don't forget your helmet!



Go for a long walk outside



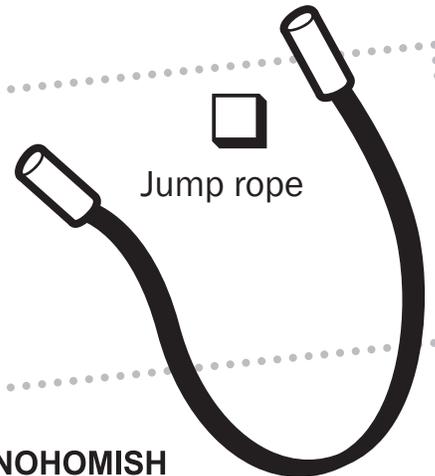
Play a game of catch



Dance to your favorite music



Jump rope



SNOHOMISH COUNTY
HEALTH DEPARTMENT