

FEBRUARY 2019 RHEPE FITNESS CHALLENGE: HELP YOURSELF TO A HEALTHY HEART

Complete the February Heart Health Challenge by picking an activity on the other side to do as many days as you can. All of the activities this month have to do with your cardiorespiratory endurance and making our heart stronger because February is American Heart Month. After each activity, see how fast your heart is beating to make it stronger and healthier and check mark that day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

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February is American Heart Month. Here are some crazy facts about your heart!

- Did you know the heart pumps about 115,00 times per day?
- It is about the size of your fist in an adult and it never stops working, even when you sleep!
- Your heart is the hardest working muscle in your body.

Heart Healthy Exercises

50 jumping jacks



kleuteridee.nl

Play a game of tag outside



Fluctua

Jump rope for 10 minutes



Ride a bike or scooter for 20 minutes



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For this month's Fitness Challenge, follow the steps below:

- Every day you can, pick one of the exercises or activities on the left.
- As soon as you finish, put your hand on your heart and check out how fast your heart beats (how hard it's working)
- After doing the activity with a friend, alone, or with family, put a check mark in the calendar box for that day.