

# HEART HEALTHY EXERCISE GAME

**Directions:** Each child takes a turn throwing a small object of your choice onto the board to see what exercise it lands on. They then roll the dice to see how many of the selected exercise they need to do during their turn. Once they have completed their exercise, the next child takes a turn.



**SIT-UPS**



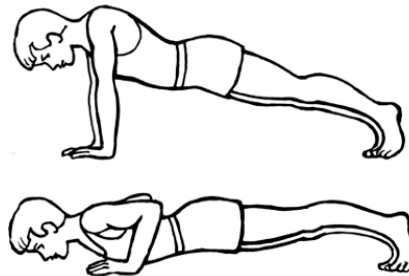
**JUMPS**



**TOUCH YOUR TOES**



**JUMPING JACKS**



**PUSH-UPS**



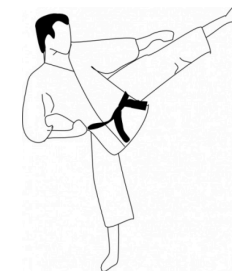
**ROLL OVER**



**JOG IN PLACE**



**STRETCH**



**KICK**