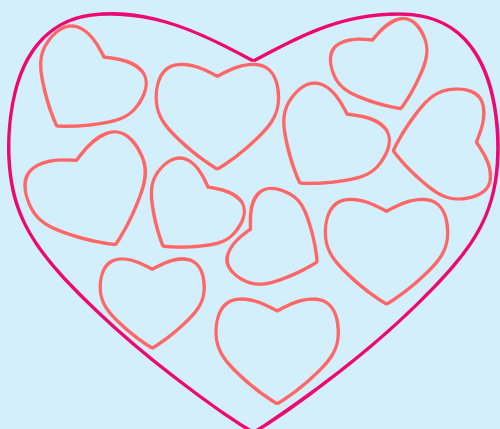
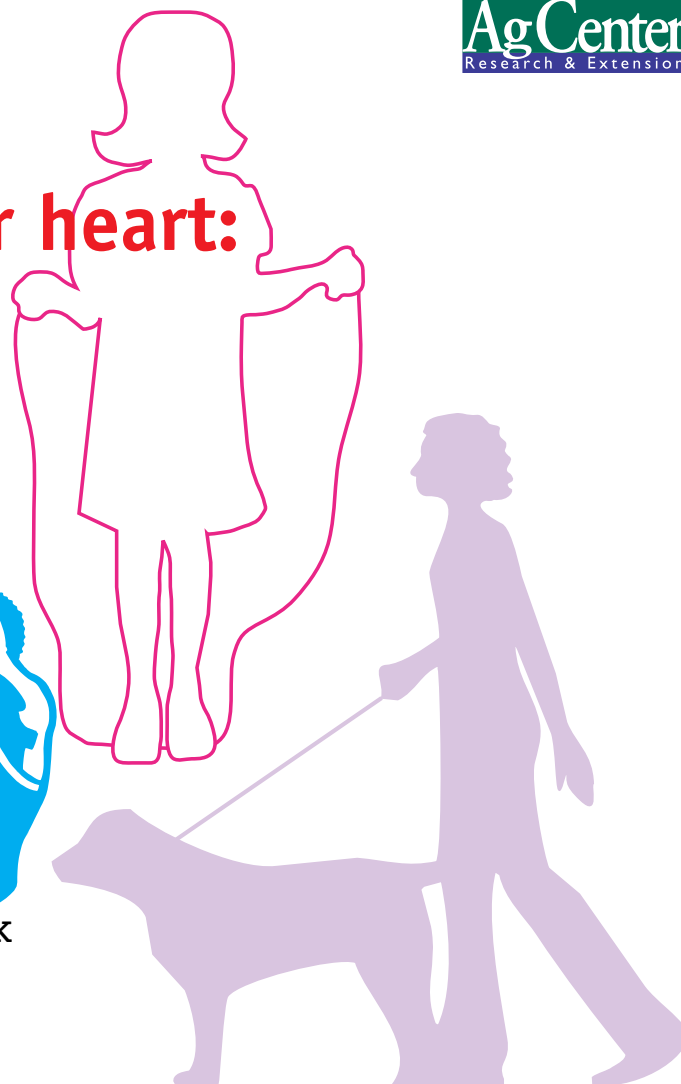


## Take good care of your heart: *eat right and exercise.*

Things I  to do:

- Ride a bike
- Jump rope
- Run a dash
- Play hopscotch
- Play catch
- Play tag
- Bounce a ball off the wall
- Draw on the sidewalk with chalk
- Walk the dog
- Dance
- Other \_\_\_\_\_



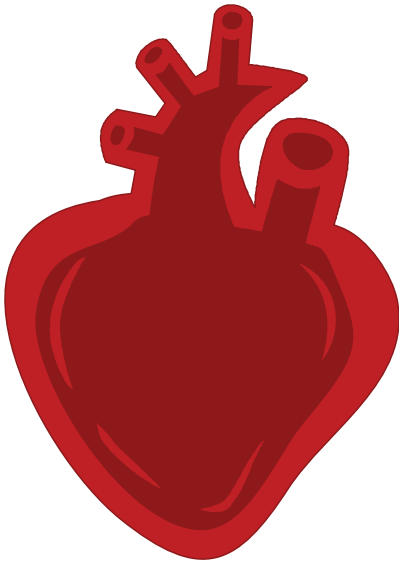
### Here's a new game to play: **Heartbreak**

2 or more players

Draw a big heart outline in chalk. Draw lots of small hearts inside it. Draw a baseline and start the heart-break!

Rules:

Stand behind the baseline. Take turns tossing a disk or pebble into the heart. When your disk lands on a small heart, mark it with your initials. Continue until all hearts are taken. Add up your hearts. Whoever has the most hearts wins. You lose a turn if your disk lands on another player's heart. The toss doesn't count if it lands less than halfway into the heart shape.



## Your Beating Heart

Make a fist with one hand and fold your other hand over it. This is the size of your heart. Squeeze your hands together about 70 times in one minute. That's what your heart does every minute of the day. Your heart beats over 100,000 times a day. It beats more when you exercise or when you are excited or scared. When it beats more often, it delivers more nutrients to your muscles.

Eat right so your heart keeps beating to the MAX!

## Get a smart start for your heart: EAT A HEALTHY BREAKFAST every day

*This is a delicious and easy breakfast treat. Bananas, strawberries, yogurt and nuts are good for your heart.*

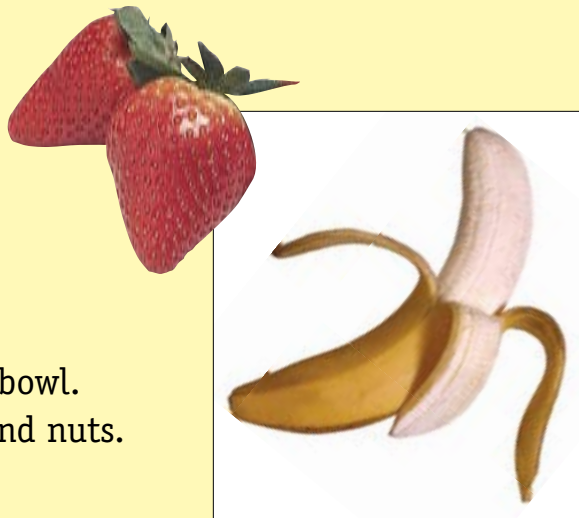
### Strawberry Banana Split

- 1 banana
- 1 cup of strawberries
- 4 oz (1/2 cup) vanilla yogurt
- 1 tbsp chopped nuts

#### PREPARATION:

Peel and split banana.  
Place banana halves in serving bowl.  
Top with strawberries, yogurt and nuts.

YIELD: 1 serving



Nutrition analysis per serving: calories, 312; fat, 7 grams; cholesterol, 5 milligrams; fiber, 5 grams; sodium, 75 milligrams; calories from fat, 19 percent.

#### AUTHORS:

Beth Reames, PhD, RD, LDN  
April Cintron, MS, RD, LDN  
Annrose Guarino, PhD, RD, LDN  
Judy Myhand, MS  
Heli J. Roy, PhD, RD, LDN  
Emily Whelan, MS, RD

Visit our Web site: [www.lsuagcenter.com](http://www.lsuagcenter.com)

Louisiana State University Agricultural Center, William B. Richardson, Chancellor  
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director  
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director

Pub. 2972 (20M) 07/07

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

This material was funded by USDA's Food Stamp program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit [www.lsuagcenter.com](http://www.lsuagcenter.com)