

**YOU CAN HAVE A HEALTHY HEART,
IT IS AS EASY AS 1, 2, 3!**

- 1. EAT HEALTHY STUFF**
- 2. MOVE AROUND ENOUGH**
- 3. LIVE TOBACCO FREE**

Directions: Answer the questions below and take turns writing them on this sheet.

What "Healthy Stuff" should you eat a lot of?

Make a list of at least 10 activities that are good for your heart?

Group Members sign here: