

# Heart Healthy and Ready to Go

## Overview



The month of February is typically associated with love. February also happens to be American Heart Month. This makes it a perfect time to focus on the one heart that means the most - your own! Did you know the average heart beats about 100,000 times per day? That's a lot of work! To keep our hearts strong and healthy

and performing their best, it's important to take time to share the love. Get moving and fuel your body with some heart-loving ideas below!

## Move More

### Get Moving, Love Your Heart

Similar to how we work out other muscles in our body, your heart needs a work out, too! To help strengthen your heart, try to get moving at least 150 minutes per week (that's about 20 minutes per day!).

### The Move Cube

*Materials:*

- Printable cube template