



## February is National Heart Health Month!!

In honor of taking care of our most important muscle, our heart, we are asking families to take this Healthy Challenge Scavenger Hunt together! Go on a heart-healthy scavenger hunt in your very own home! Grab a friend, a sibling, or a parent and hunt for the items on the list.

As you complete each task, have a parent or guardian initial each activity as it is completed. Bring this signed and completed paper back to your Physical Education teacher by the end of February. Have fun!!

- \_\_\_\_\_ Take a twenty minute walk with a family member.
- \_\_\_\_\_ Get in and out of bed (with covers) five times.
- \_\_\_\_\_ Point to a healthy snack in the refrigerator, like fruit or vegetables.
- \_\_\_\_\_ Touch every doorknob in your house as fast as you can.
- \_\_\_\_\_ Find three red things in your house and bring them back to your computer.
- \_\_\_\_\_ Find a pair of socks, bring them to the living room, put them on, take them off, return to the drawer, find another pair and repeat.
- \_\_\_\_\_ Find a ball and toss and catch twenty times with a friend/family member.
- \_\_\_\_\_ Sit down in three different chairs and repeat five times.
- \_\_\_\_\_ Do twenty jumping jacks during a commercial break.
- \_\_\_\_\_ Give someone in your house a hug!
- \_\_\_\_\_ Walk around the kitchen table twenty times.
- \_\_\_\_\_ Find three soft items like a bath towel, bed sheet and t-shirt, and bring them to the kitchen table.
- \_\_\_\_\_ Put on a hat and dance to your favorite song!
- \_\_\_\_\_ Take your dog (or a stuffed animal if you do not have a dog) for a walk around your yard.
- \_\_\_\_\_ Point to something blue in each room of your house.
- \_\_\_\_\_ Do twenty curl-ups or pedal for twenty seconds.
- \_\_\_\_\_ Create a secret handshake with someone at home.
- \_\_\_\_\_ Jump rope or hop in place for one minute.
- \_\_\_\_\_ Help someone shovel snow or sweep the floor.
- \_\_\_\_\_ Walk quickly into every room and do five jumping jacks.

Parent/Guardian Signature \_\_\_\_\_

