

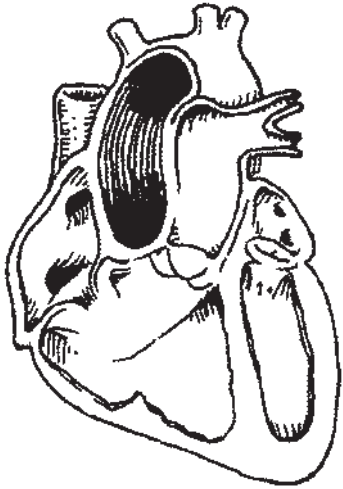
LOWES FOODS PRESENTS...



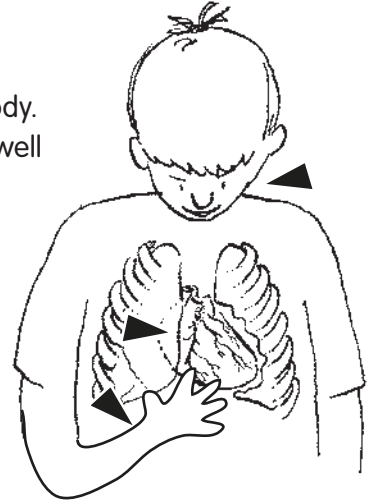
**Be A  
Smart  
Shopper!**

STUDENTS LEARNING HEALTHY LIFESTYLES

# Keeping Your Heart Healthy



The heart is made almost entirely of muscle.  
It is about the size of your clenched fist.  
The heart pumps blood to and from every part of the body.  
You can feel your heartbeat in your neck and wrists, as well as placing your hands over your chest.



## EXERCISE IS GOOD FOR THE HEART

Draw yourself doing two of the following activities:

riding a bike, playing outside, doing chores or grocery shopping



FIELD TRIP  
FACTORY