Read **“Be Heart Smart in Winter”**

1. **Give Winter a Whole-hearted Welcome**

Why is the health of our hearts at greater risk during cold winters?

List 10 winter physical activities that can keep us active in the Winter.

1. **Get the Kids Outside**
2. What does it mean that many kids and adults become more “**Sedentary”** during winter leading to increased rates of **“obesit**y”?
3. Summarize five tricks to help get kids outside.
4. **Shovel With Care**
5. Why is shovelling snow a potentially dangerous activity?
6. List five precautions that will make shovelling snow a safer activity.
7. Describe what happens while shovelling that can result in heart attacks?
8. **Sometimes it’s Just Too Cold**
9. What temperature should you avoid going outside.
10. What are some alternative for exercising indoors if it is too cold to go outside?
11. **Poster Project**

Construct a Color poster on 8.5 x11 showing a Healthy Winter Activity with an appropriate caption.