

Have You Taken Care of Your Heart Today?



- ✓ Made Healthy Food Choices
- ✓ Was Active for 60 Minutes
- ✓ Got Plenty of Sleep
- ✓ Stayed Far Away from Cigarettes and Tobacco Products



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American Alliance for
Health, Physical Education,
Recreation and Dance

AAHPERD is a proud program partner of Jump Rope For Heart and Hoops For Heart.

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