



American  
Heart  
Association.



## It's Indoor Recess Time!

Rain, snow or sleet making the sun not shine? That means it is indoor recess time! Stay active with this activity below from the American Heart Association.

### *Materials Needed:*

- *None*

### **Activity: Food Choices**

This activity will reinforce healthy food choices while also getting students moving.

### **How to Play**

1. Explain to students that a leader will call out different food items.
2. If the item is a healthy food, or a "go" food, then they will yell out "go!" and then move in place quickly.
3. If the item is unhealthy, or a "slow" food, then they will yell out "slow!" and move in place as slow as possible.
4. Let students take turns being the leader and have them discuss if there is any uncertainty about a food that's been called out.

**Heart Fact of the Day:** When you're exercising, it takes your blood about ten seconds to get from your heart to your big toe and back.