 C:\Users\Shelley\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1Q539GS8\MC900060280[1].wmf

There are 3 taggers. The taggers represent unhealthy choices people can make about their heart.

**Tagger 1 – Couch Potato – this means never exercising**

**Tagger 2 – Junk Food Eater – too much salt, fat and sugar**

**Tagger 3 - Night Owl – does not get enough sleep**

**Tape a sign to each tagger with their “name”.**

Everyone else is trying not to get tagged. If you are tagged – you stand where you were tagged with your hand up in the air.

Any classmate can free a tagged person. They stand in front of each other and both say something that is healthy for their heart. Next they both do 5 jumping jacks and they are back in the game.

* First round of the game to free a tagged person they say a **food that is healthy for their heart.**
* Second round, they say an **exercise that is healthy for their heart**.
* Third Round, **one person says an exercise and the other says a healthy food.** It takes both exercise an eating right to have a healthy heart.

Each round of the game is 5 minutes long. Choose new taggers each round.