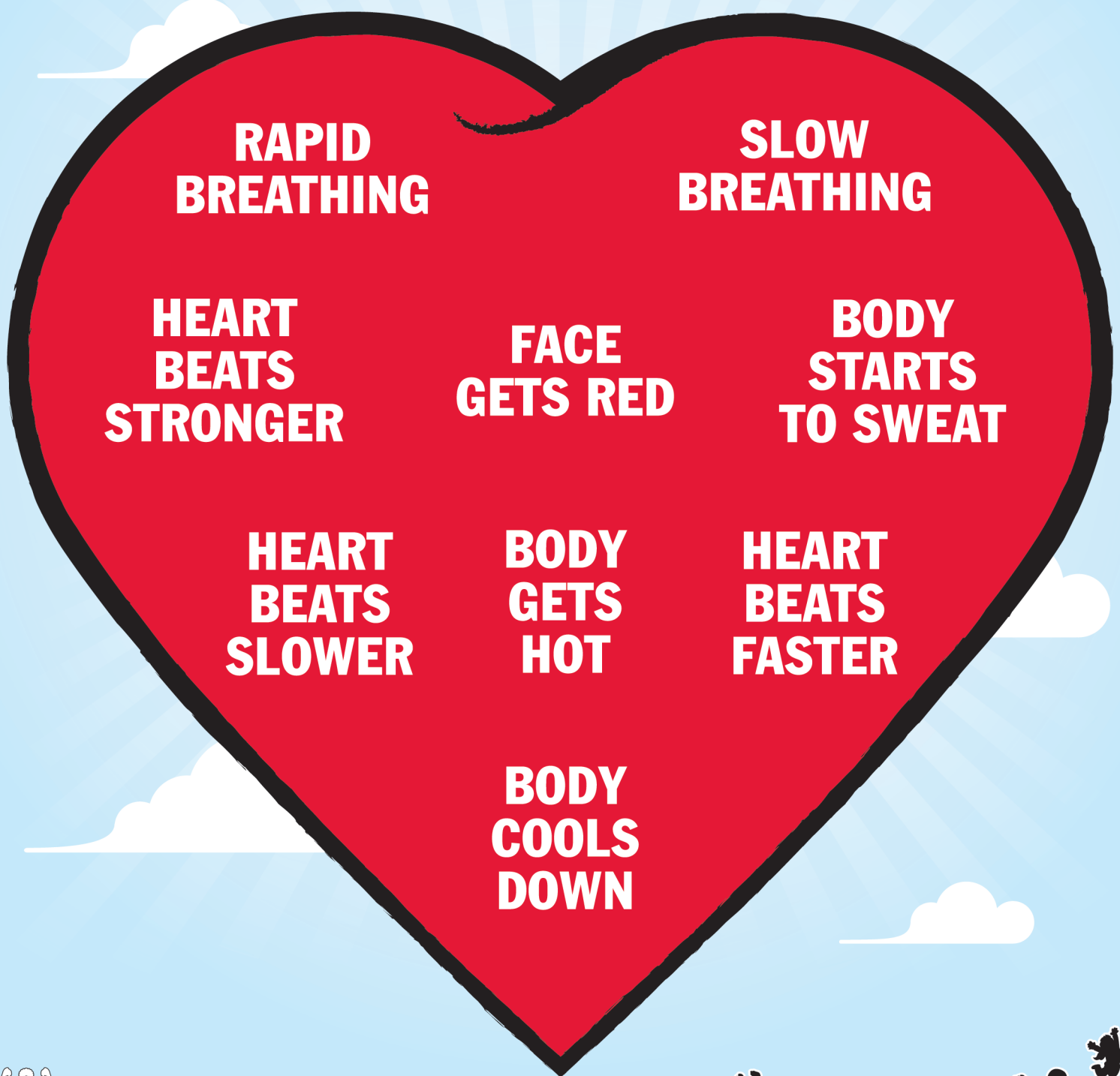


Name _____ Classroom Teacher _____

★ HEART POWER ★

WHEN YOU ARE PHYSICALLY ACTIVE, YOUR BODY STARTS TO CHANGE OR ADAPT. THIS HAPPENS AS YOUR HEART GETS STRONGER. INSIDE THE HEART, CIRCLE WAYS IN WHICH YOUR BODY MIGHT CHANGE DURING PHYSICAL ACTIVITY OR EXERCISE.



**RAPID
BREATHING**

**SLOW
BREATHING**

**HEART
BEATS
STRONGER**

**FACE
GETS RED**

**BODY
STARTS
TO SWEAT**

**HEART
BEATS
SLOWER**

**BODY
GETS
HOT**

**HEART
BEATS
FASTER**

**BODY
COOLS
DOWN**

