

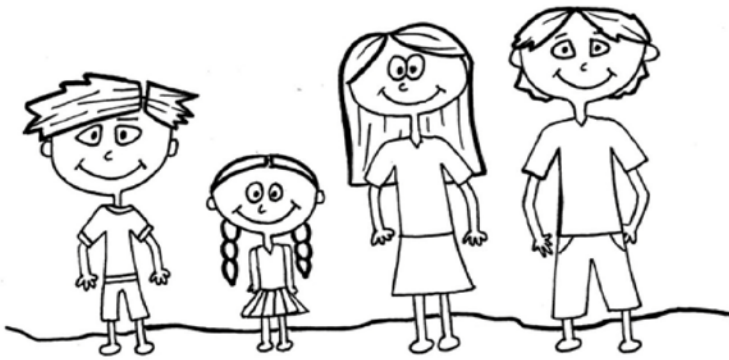
# Healthy Hearts Activity Coloring Book

[www.healthyheartsusa.org](http://www.healthyheartsusa.org)

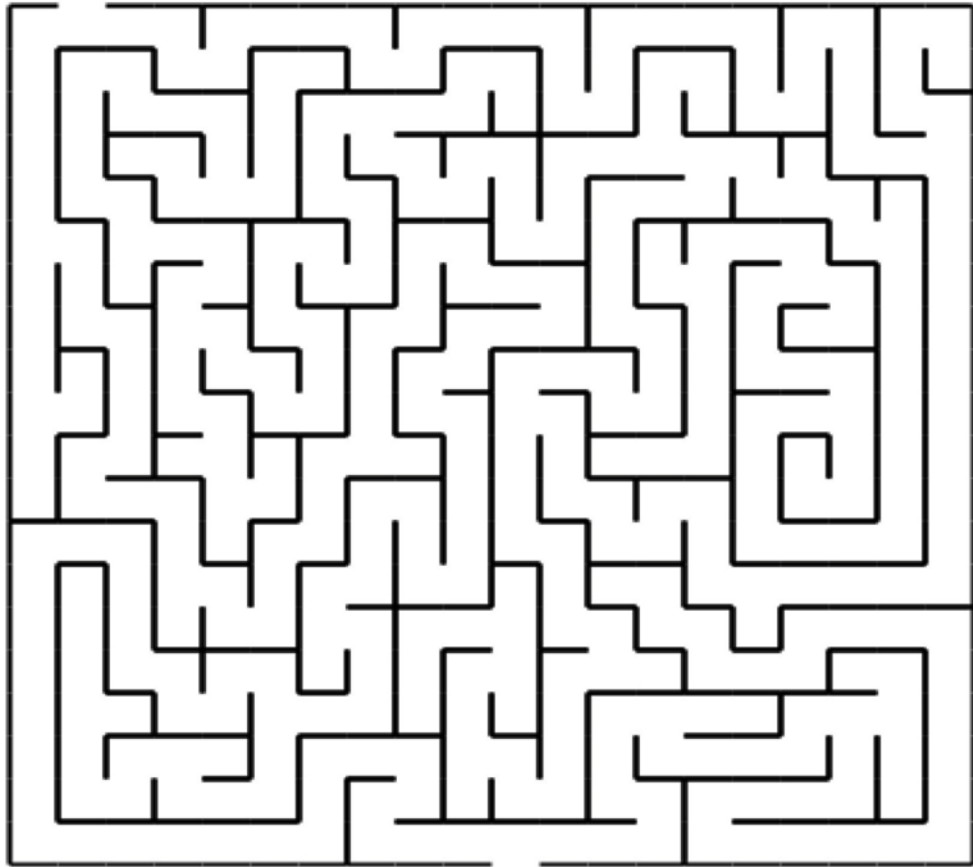


**This is what your heart looks  
like inside of you.**



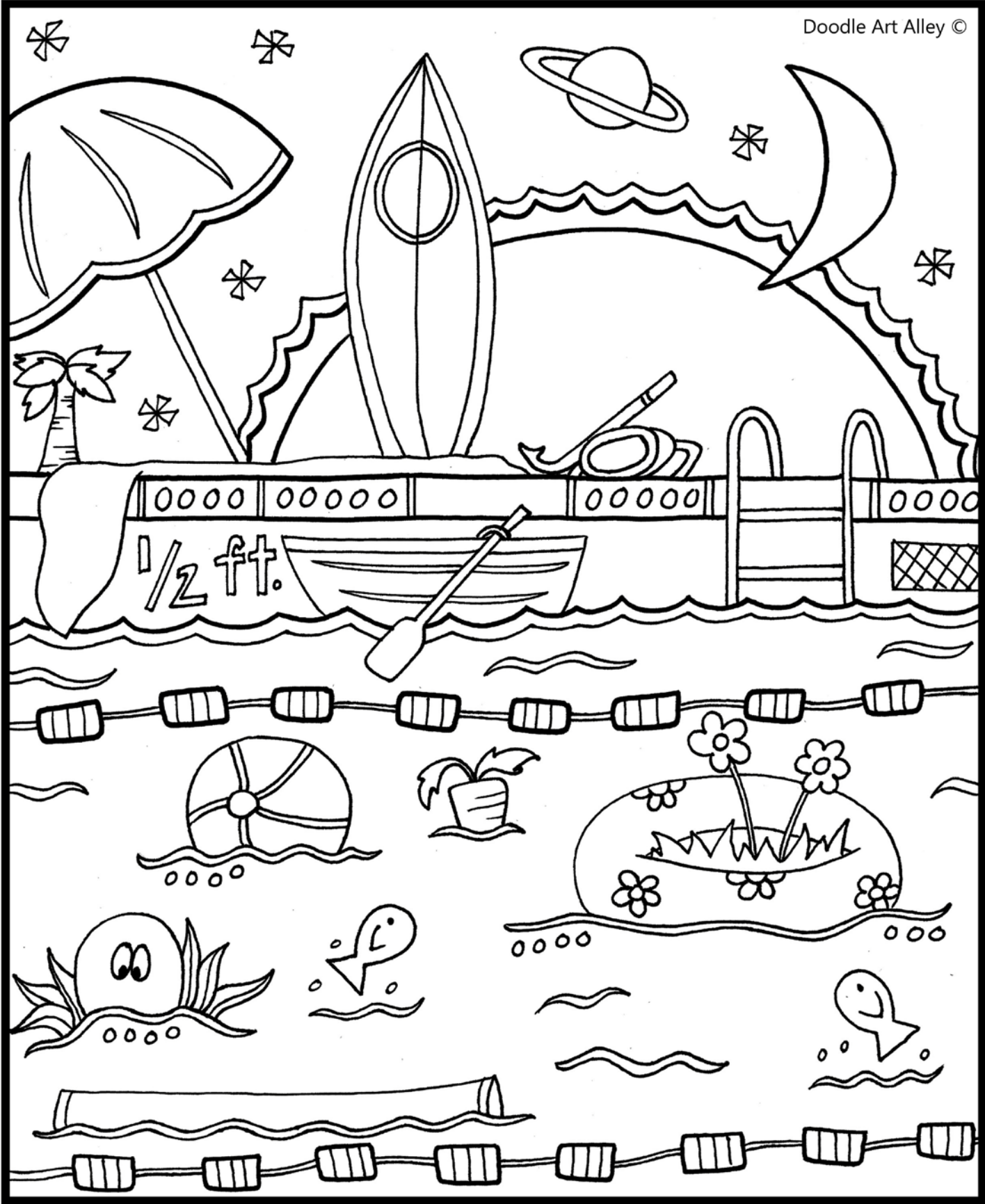


The Snyder Family needs to go to their annual checkup at the Dr.'s Office.



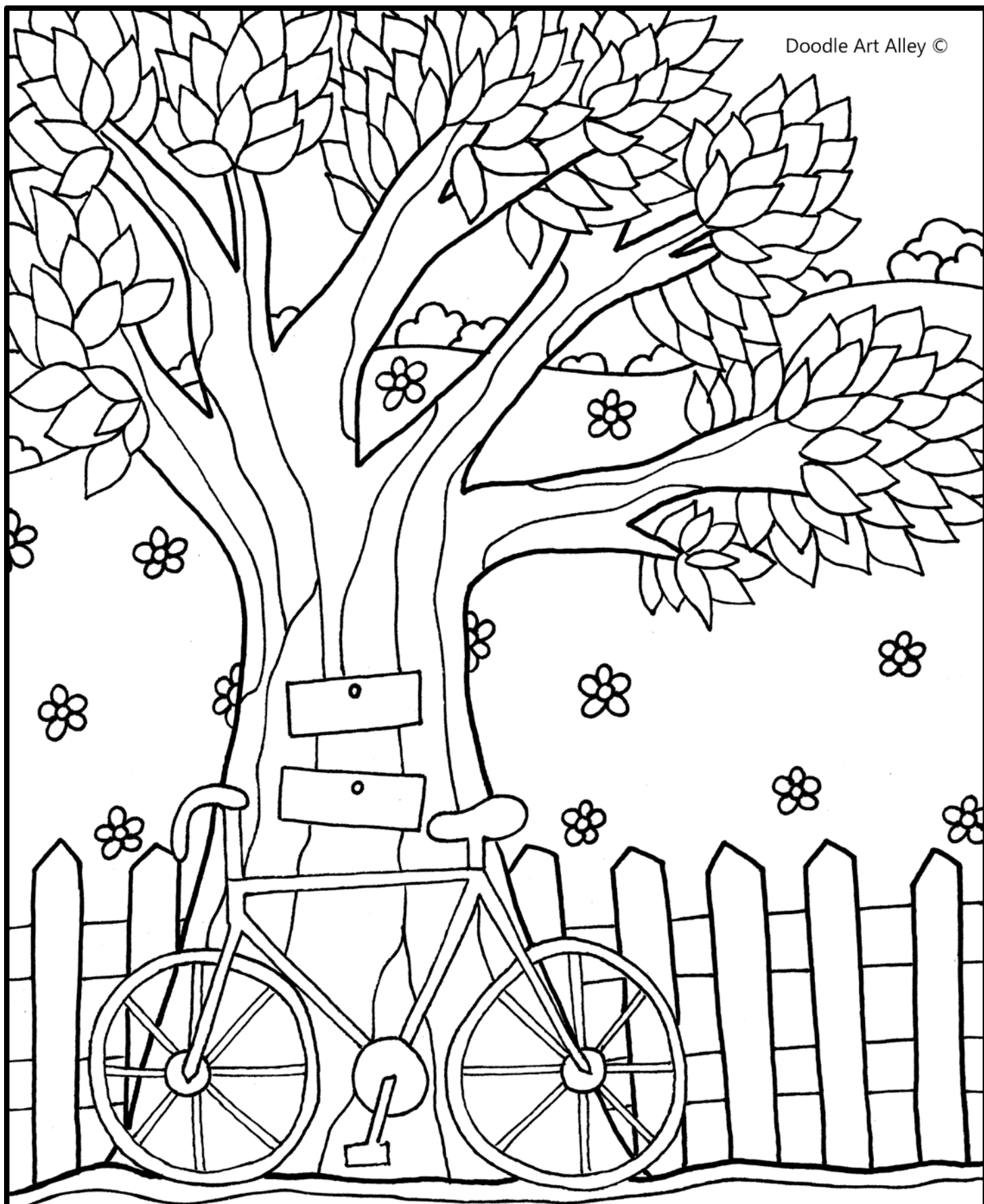
Can you help them find their way through the Maze so they make it on time?





**Swimming is great for your heart, too!**

How many things are wrong with this picture?

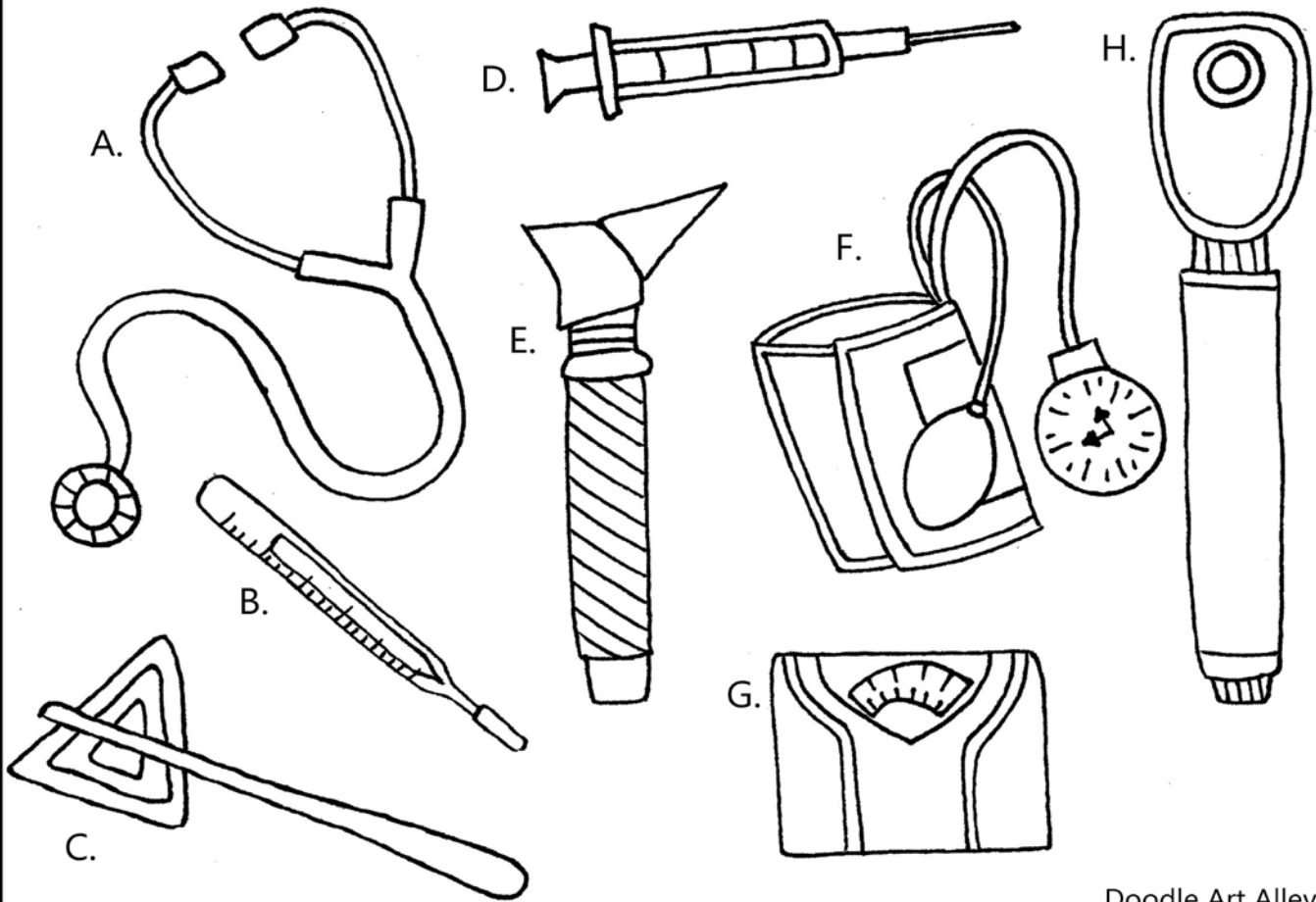


Riding your bike is great exercise and keeps your heart strong!

# Annual ✓-UPS

## Dr's Office

Getting a check-up every year will help you stay healthy!

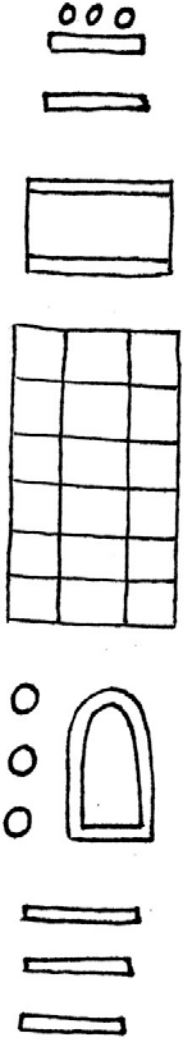
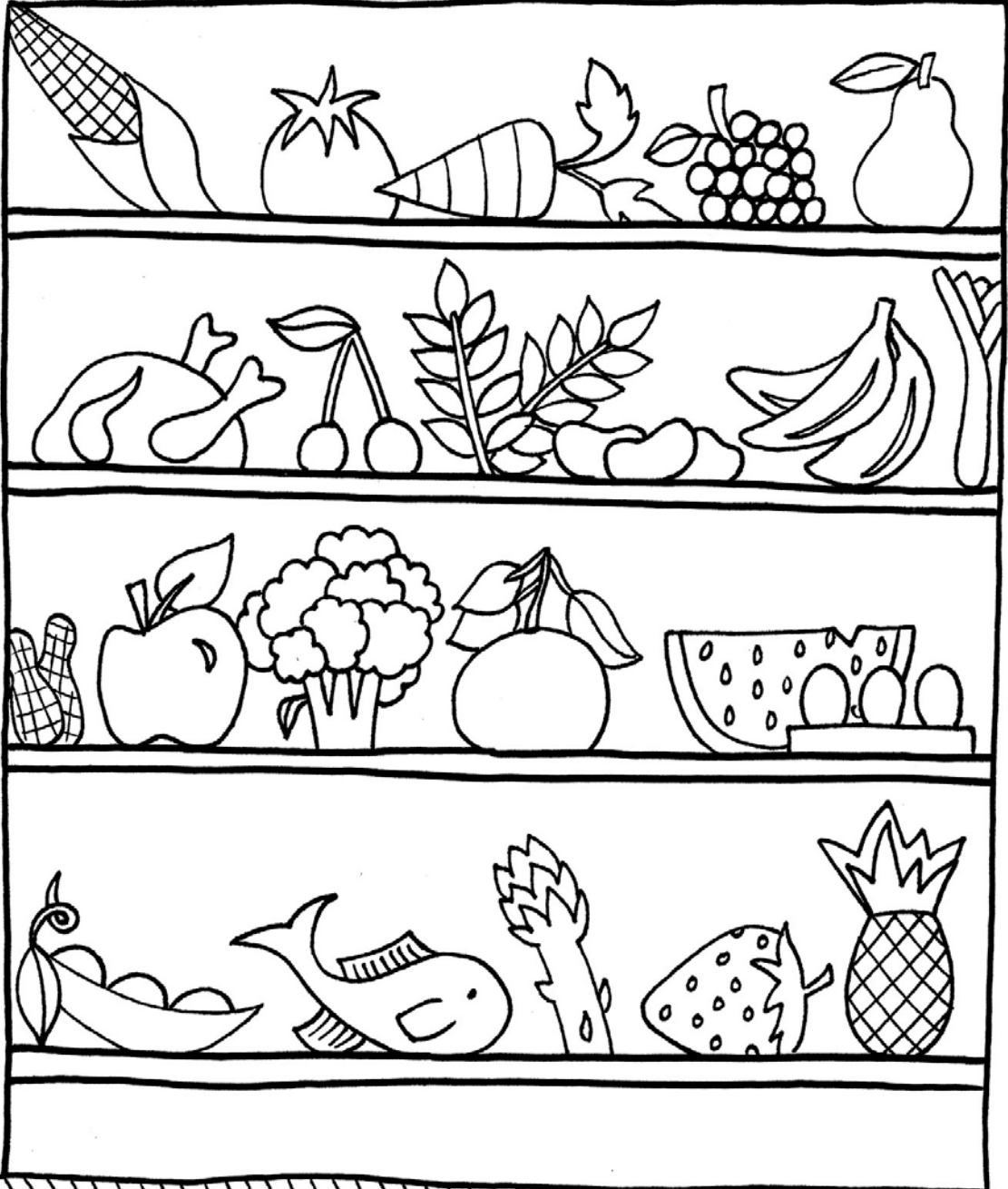


Doodle Art Alley ©

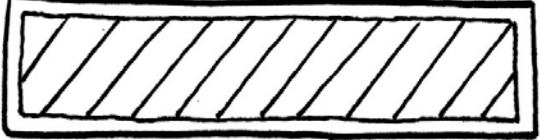
Match the Pictures above with their correct names.

- |                      |                      |
|----------------------|----------------------|
| 1 ___ Ophthalmoscope | 5 ___ Stethoscope    |
| 2 ___ Scale          | 6 ___ Otoscope       |
| 3 ___ Syringe        | 7 ___ Patella Hammer |
| 4 ___ Thermometer    | 8 ___ Pressure Cuff  |

Answer Key  
1.h.2.g.3.d.4.b  
5.a.6.e.7.c.8.f



HEALTHY HEARTS



Vending

G D B R L D I M M Z K T L B E U U W K P C W V K X  
 K R U E U C Q W Y F A V R D U B P L E D C A O U W  
 Z F A S R K I N L Z J O H Z E Q L T G I O Z C J Z  
 I K Y P D M K O O L C Y C V M P D C W C S H Q C F  
 S M J D E J J V U C V E D B R R R I J P F Z V D Z  
 V E Y U H F P D O K G J D R V U K L E F G T X C P  
 X D M T X P R L J F F T T T O Q F R J W T K H G Q  
 E C S U X N I U V J L Q K O Z Y J B Z F W N N W I  
 E X B B G J G N I O I G B K M T Y P Y K S A Z W L  
 V D Y W R E K C V T X A Q F O A B P Y H N N N M V  
 I X A P N G L H S K F X R R H J T I C C G A A X Y  
 C E L E R Y E E A E Y R R L P A R O Y A W F J E G  
 W Q Z D I A U X O G W A V O A M I J A N H U R B B  
 W H O L E W H E A T C A N A N A B I G I Q R T V T  
 T E T P T Y K A U E S D H G Y L R M J P B J C P I  
 C N U R L Q M R L I K W D I W G U C E S B N L Y Y  
 U K X Q G P S F P Q W K J I D U H V J S X A K F B  
 X Z B B Y P E A R H C E W R O E Q T S Q M N B C A  
 F N M P C G M P T V G Q J U R E H F C R O T S U J  
 L R K C U C C K H A E R Q R A L W M R E W T E C U  
 N E K C I H C S Q V B D Y Z N P W D R K T A P U B  
 V Y I L Y X I A B L Z K M U G P B T O G U L D M V  
 O I L I X F Q O D J B F O B E A C U B D O Q G B X  
 M K M Q E C O J M V N D M G B F G A V Z Y M G E O  
 B V I D D H Z H O Q L Q N Z Z S N S V C T Y L R W

# Eating Healthy

Can you find all of the healthy foods below hidden in the word search above?

Apple

Banana

Beans

Broccoli

Carrot

Celery

Spinach

Tomato

Chicken

Cucumber

Fish

Grapefruit

Legumes

Orange

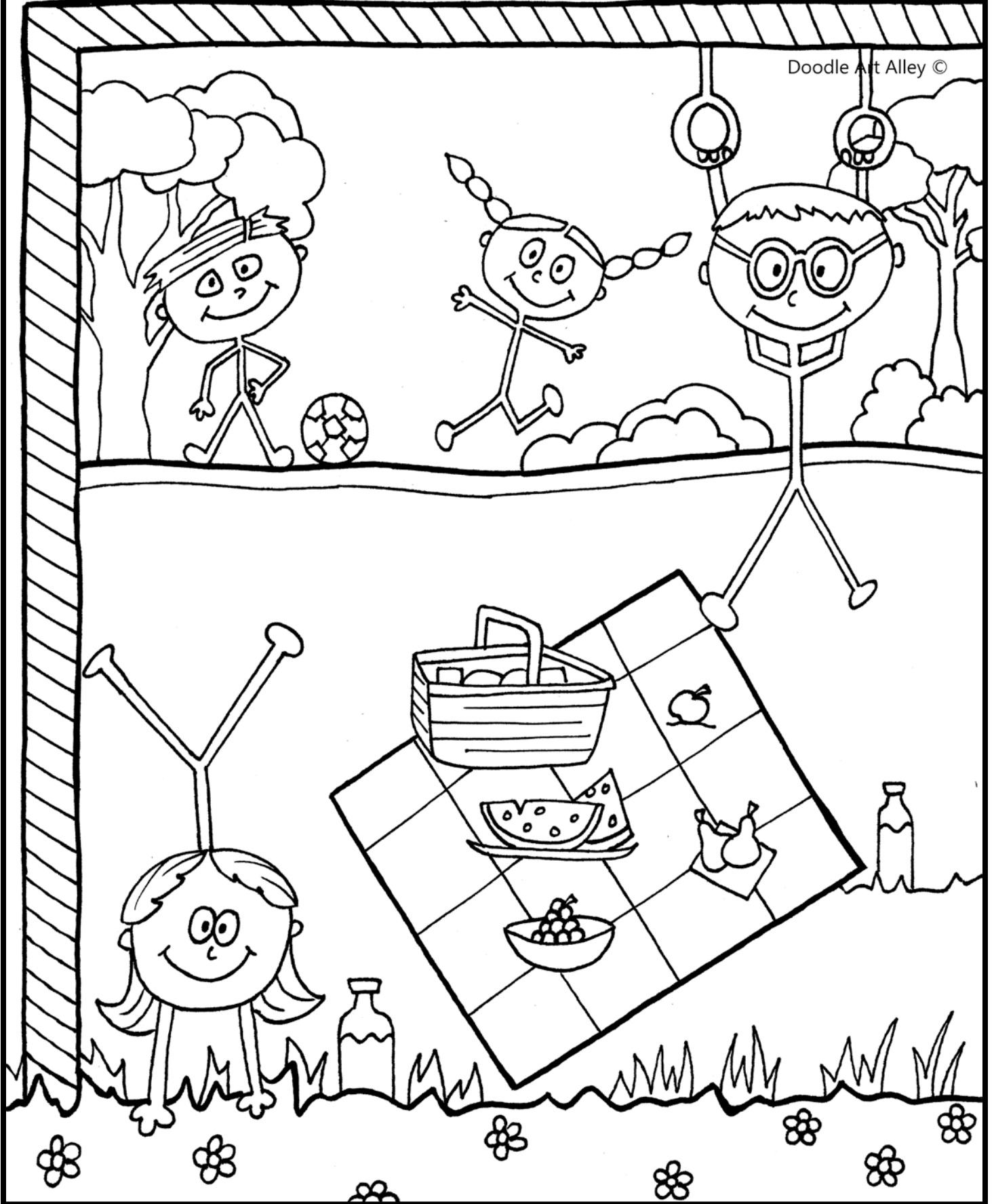
Pear

Whole Wheat



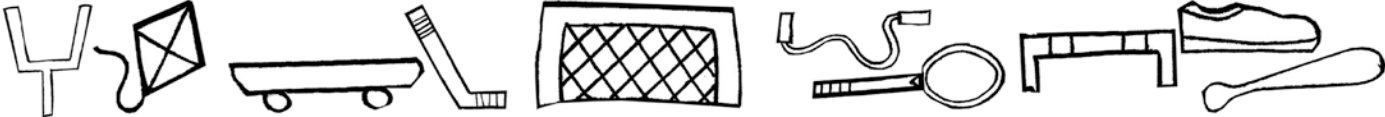
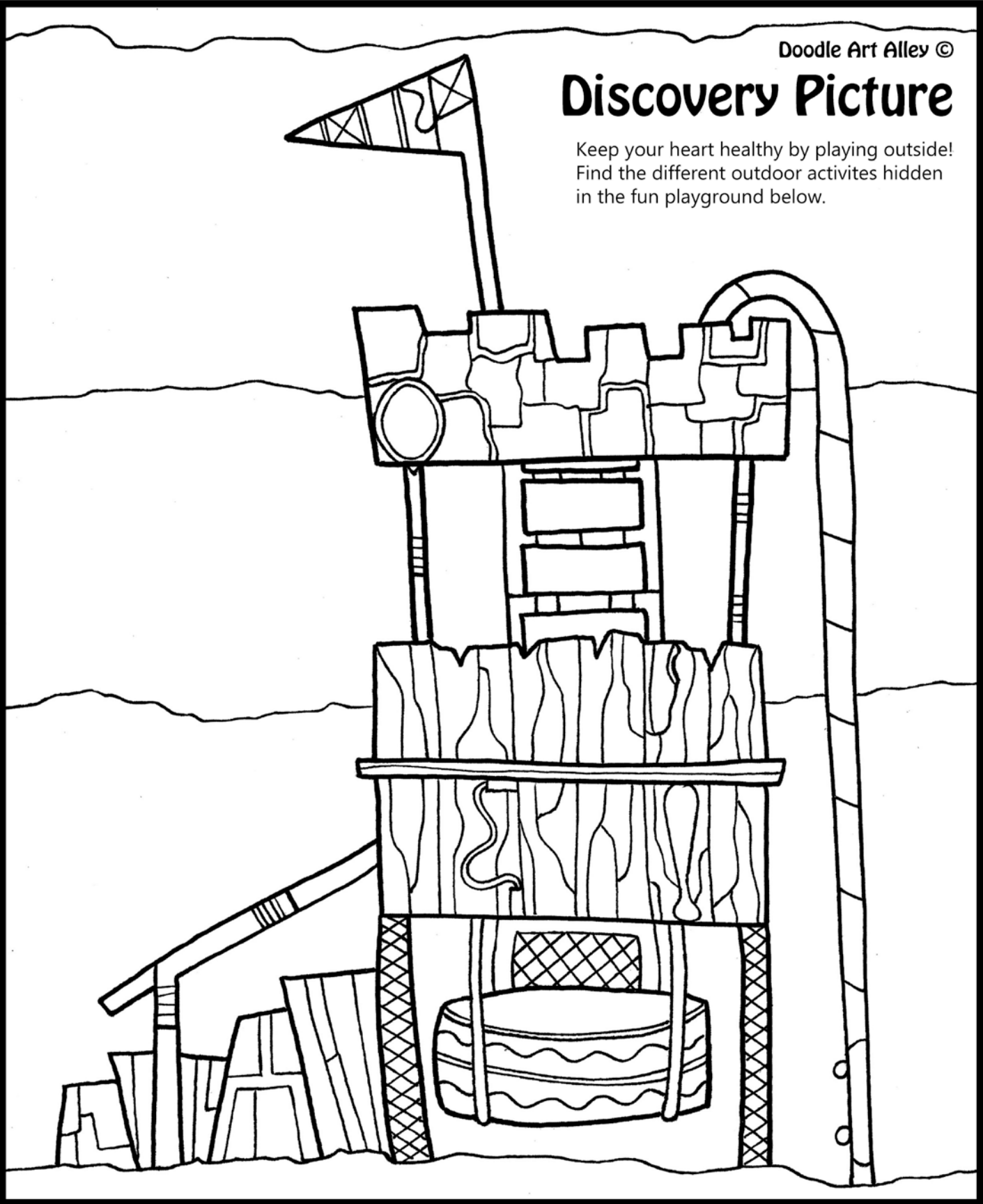
Having a family picnic is a great way to eat healthy and play games outside.

Doodle Art Alley ©

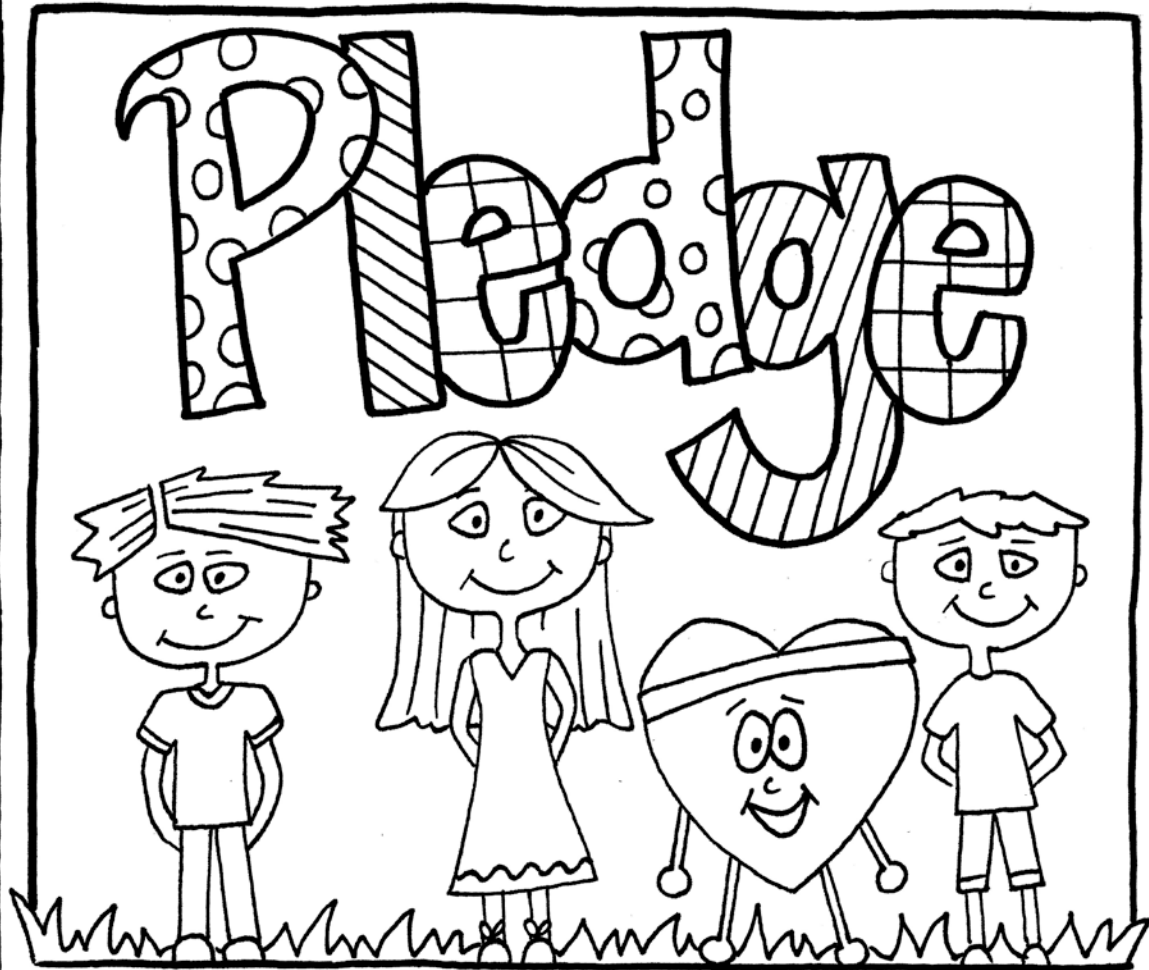


# Discovery Picture

Keep your heart healthy by playing outside!  
Find the different outdoor activities hidden  
in the fun playground below.



# Healthy Hearts



I \_\_\_\_\_ promise to do my best to keep my heart healthy and happy. I will eat healthy foods and play outside daily. I will go to my doctor every year for a check-up. I will ask my parents to go to their doctor, too.



**Healthy Hearts  
is dedicated to  
giving kids a head  
start in life.**

Learn more at  
[www.healthyheartsusa.org](http://www.healthyheartsusa.org)

**Healthy Hearts and Doodle Art Alley have  
joined forces and created this wonderful  
activity coloring book. Learn all about how  
to keep your heart healthy and happy!**

**Doodle Art Alley  
is dedicated to  
giving the doodle  
the proper credit  
it deserves.**

Learn more at  
[www.doodle-art-alley.com](http://www.doodle-art-alley.com)

