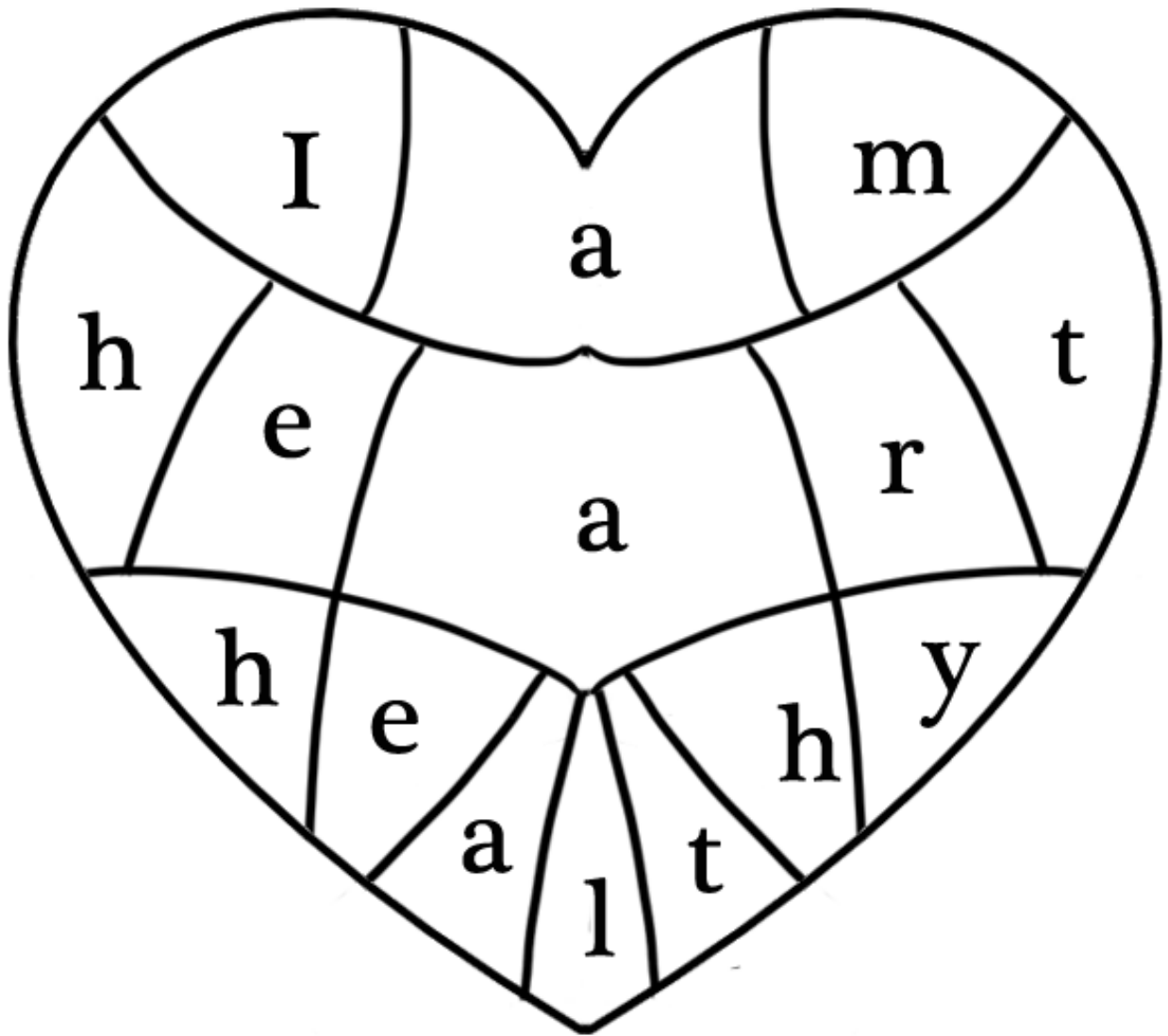


Practice Exercises

Name: _____ Date: _____

"Exercise is Good for Your Heart"

Say each letter out loud. Color the vowels purple and the consonants red.
Trace out the words below to see what is written in the heart!



I am heart healthy.

