

# Healthy hearts

Fitness instructor Toni McKay is the presenter of Channel 9's new diet, fitness and lifestyle show *Healthy Hearts!* She is helping Vicky and Ted to lead healthier lives.



What can Vicky and Ted do to improve their heart health?

## What you need to do

- Toni gives each contestant a healthy lifestyle guide.
- She thinks Vicky and Ted need to improve their heart health.
- Write a section of the guide about what the heart does and why it's important.
- What other advice should Toni give to Vicky and Ted on how to stay fit and healthy?

## You may find these words helpful

heart, muscle, pulse rate, circulate, blood, oxygen, diet, exercise, healthy, unhealthy, moderate, drugs, alcohol, smoking, tobacco, fruit, vegetables, calories, weight, balance

Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

# A guide to keeping the heart healthy

What does the heart do and how does it work?

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Diagram:

Tips for keeping your heart healthy:

- \_\_\_\_\_
- \_\_\_\_\_

Further advice on keeping fit and healthy:

- \_\_\_\_\_
- \_\_\_\_\_

### For teacher use

What went well	
How to improve	