



[www.healthyhearts4kids.org](http://www.healthyhearts4kids.org)

K-12 Web Based Health Curricula

## Hey Teachers !!!!!

I found a cool site on the Web that says the only way  
I can use it is if you sign me up!

### On this site I will:

1. Learn about the heart and healthy living.
2. Use computers and the Internet.
3. Practice math, geography, writing, and reading.
4. Earn prizes.

Please check it out and use it with our class!

### To get started

1. Go to <http://healthyhearts4kids.org>
2. Register to use **Healthy Hearts**
3. Add our class information so we can receive passwords
4. Allow for computer time with the Internet

**At the website, click on  
"Teachers" to learn more  
about the program and  
how to implement it into  
your curriculum.**

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PO Box 451

Phone: 304-384-5345

Fax: 304-384-5117

Email: [info@HealthyHearts4Kids.org](mailto:info@HealthyHearts4Kids.org)



**E-Learning for Kids**

Are you looking for an easy way to implement health instruction with your 5th and 6th grade classes?

Healthy Hearts is the answer! **Healthy Hearts** provides you with an interdisciplinary health curriculum focusing on cardiovascular function, physical activity, nutrition and tobacco while reinforcing language arts, math, science and technology objectives. Using this Internet delivered program, your students can participate in many fun and interactive tasks while learning these important health concepts.

**Healthy Hearts** has been designed to be implemented with little to no teacher training, and minimal teacher time requirements.

