

Resources and Links from the American Heart Association

Home Activities

1. [Get the Whole Family Moving at Home](#)
2. [Dance it out](#)
3. [Heart Hero Moves](#)
4. [Jumping Rope Skills](#)
5. [Homework with Heart](#)
6. [Wacky Word Games](#)
7. [Get Cooking!](#)
8. [NFL PLAY 60: Huddle Up and Get Moving!](#)
9. [Heart Hero Coloring Sheets](#)
10. [Get Moving with the PLAY 60 app](#)

Recipes

1. [Berry Nuts Granola Bars](#)
2. [Homestyle Chicken Noodle Soup](#)
3. [Ranch Chive Popcorn](#)
4. [Tropical Fruit Smoothie](#)
5. [Chunky Marinara with Pasta](#)
6. [Sweet and Spicy Veggie Dip](#)
7. [Frozen Yogurt Pops](#)
8. [Raspberry Lemonade Slushy](#)
9. [Southern Cornbread](#)
10. [Sweet and Sour Chicken](#)

Tips for Parents

1. [Physical Activity Recommendations for Kids](#)
2. [Limit Screen Time](#)
3. [Take Action to Control Stress](#)
4. [When is the best time of day to exercise?](#)
5. [Fruit and Veggie Toolkit for Kids](#)
6. [How to Sneak in More Vegetables](#)
7. [Fresh, Frozen and Canned Can All be Healthy](#)
8. [Fight Stress with Healthy Habits](#)
9. [Tips to Keep Your Whole Family Active](#)
10. [Meditation](#)