**Heart Disease Activity**

The heart is a muscle that pumps blood throughout the body. Heart disease is a group of conditions that affect the heart. Risk factors for heart disease include high blood pressure, high cholesterol, and obesity. Smoking, an unhealthy diet, and a lack of exercise are also risk factors. Healthy choices can reduce a person’s risk for heart disease. Learn more about how to keep your heart healthy with this activity.

# Materials

* **PebbleGo Next** article “Heart Disease.”
* writing utensil
* paper

# Directions

1. Read the **PebbleGo Next** article “Heart Disease.” Take notes about heart-healthy habits.
2. Consider the risk factors for heart disease. Also think about the lifestyle choices that help reduce these risks. Write a list of healthy lifestyle choices.
3. Choose one lifestyle choice from the list to make a change in your own life. Write a short journal entry about how this change could help keep your heart healthy.
4. After a week of sticking to your lifestyle change, journal about how the change has made you feel.

# Critical Thinking

1. Which lifestyle choice did you pick and why?
2. Why is it important to create and maintain healthy habits?
3. What are some types of heart disease? How can people lower their risk of getting them?