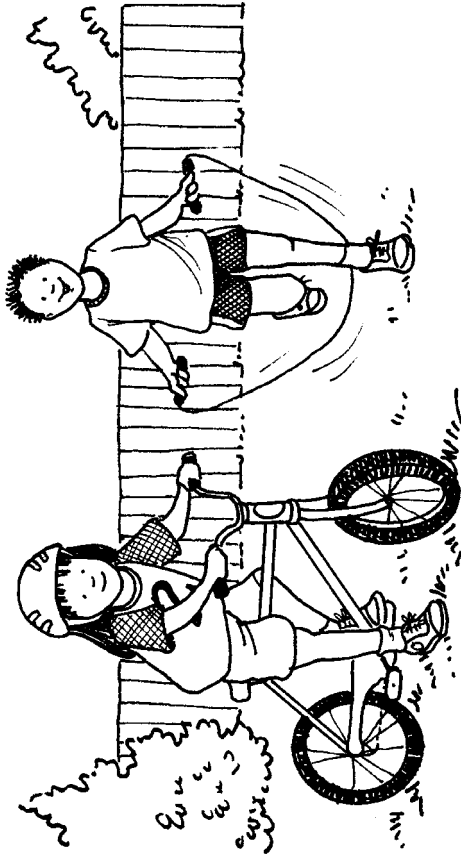
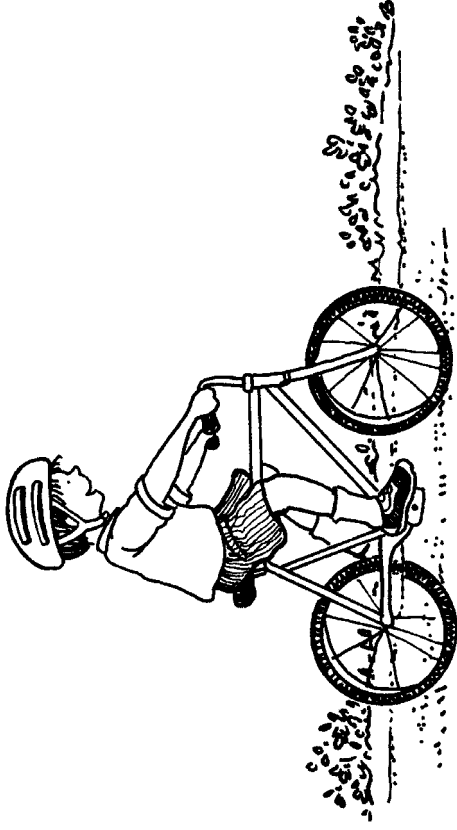


# I Take Care of My Heart



I exercise each day.  
I run and I play.

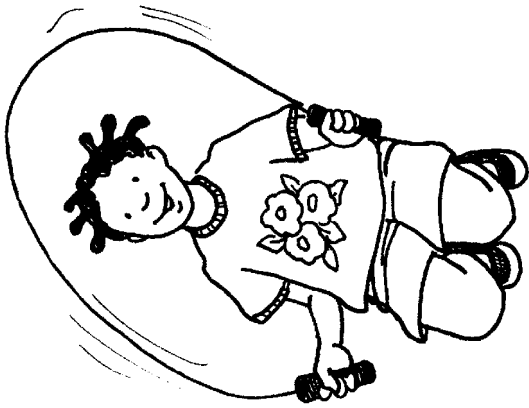


I'm healthy. I'm smart.  
I take care of my heart.



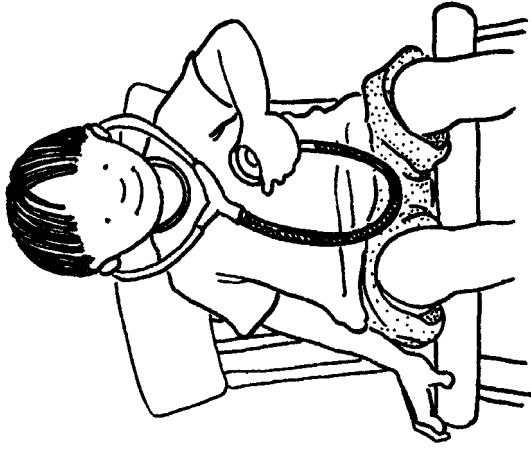
I skate.





I jump.

4



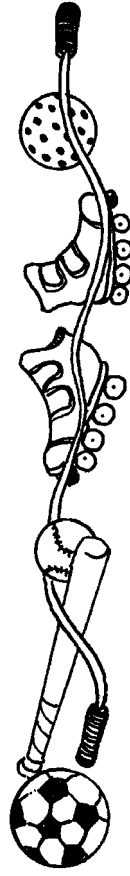
I make my heart THUMP!

5



I'm healthy. I'm smart.  
I take care of my heart.

6



How do you take care of your heart?

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7