



Add Color

Go for the Rainbow

Get students out of their chairs and marching with this call-and-response chant. For added fun, have students march in unison as you lead them into the hallway (whisper the chant here) and onto the playground (outside voices here).



Fruit and Veggie Cadence

Frozen, fresh, canned, or dried,
Keep fruits and veggies by your side.
At every meal and snack time too—
Eat them up; they're good for you!

(Call and response)

Hearts want: *fruits, fruits*

Hearts want: *veggies, veggies*

Hearts want: *fruits and veggies—HOORAY!*

Yellow, green, orange, and red
Count the colors in your head.
Fruits and veggies in every hue—
Add new colors; they're good for you!

(Repeat call and response)

Just for Fun

Challenge students to name as many red fruits and vegetables as they can in ten seconds!

apples	beets	cherries
cranberries	radishes	raspberries
strawberries	tomatoes	watermelons



Quick Fact to Share

Eating different colors of fruits and vegetables is a smart way to get a variety of heart healthy nutrients.



American
Heart
Association.

Reduce Salt Intake

Zap That Salt!

Play a game of 5-4-3-2-1-Zap that salt! Lead students in doing five different movements in descending order. Movements might include five jumping jacks, hop on one foot four times, turn around three times, touch your toes two times, do one squat. Then tell students to “Zap that salt,” signaling students to perform their own zapping movements. They’ll have a blast making dramatic motions and over-the-top actions.

5-4-3-2-1- Zap!

Just for Fun

Share some “punny” salt-free jokes!

How do you fix a broken tomato?
with tomato paste

Why does lettuce always win the race?
because it knows how to get a-head

Why did the cornstalk get mad at the farmer?
The farmer kept pulling its ears.



Quick Fact to Share

Eating less sodium helps protect you from high blood pressure, heart disease, and stroke. One way to eat less sodium is to limit your intake of “Salty Six” foods. These six foods include pizza, burritos and tacos, sandwiches, breads and rolls, cold cuts and cured meats, and soups.

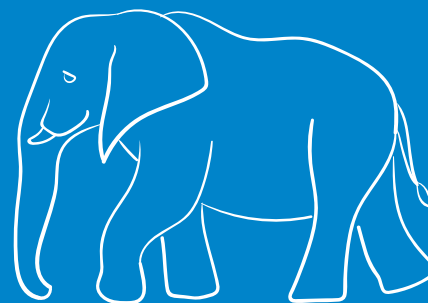


American
Heart
Association.

Be Kind

Make a Move for Kindness

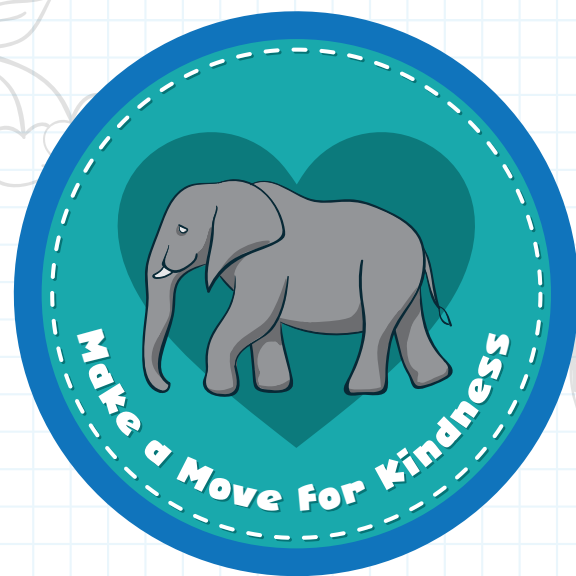
Keep students listening and learning about kindness during this fast-paced group activity. Direct students to the four corners of the room. Name a fun or silly animal movement such as an elephant walking, a dolphin diving, or a great ape swinging in the trees. Then describe different actions or situations that involve a kind or unkind act. (As much as possible, use anonymous examples of real actions you've witnessed in your classroom.) When the act is kind, each student does the animal movement and quickly moves to a different corner of the classroom. When an act is unkind, students freeze and a volunteer explains why the act is not kind. A quick tempo is sure to keep students on their toes and get them thinking about kindness.



Just for Fun

Share these facts about interesting acts of kindness in the wild:

- * Elephants, apes, dogs, and some birds recognize when a member of their herd is upset and try to comfort them.
- * Scientists believe dolphins cooperate, even with other dolphins they've had conflicts with.
- * Bonobos (a type of great ape) show empathy and share food with other bonobos that they don't know.



Quick Fact to Share

Being kind to others can affect the chemical balance of your heart in a good way. The chemical change that takes place expands your blood vessels. When your blood vessels expand your heart doesn't have to work as hard to pump blood through your body.



American Heart Association.

Move More

Got to Move!

Grab a deck of standard playing cards for this heart-pumping learning break. Draw or list the four card suits with a fun movement beside each one. Then lay a card face down on each student's desk. Randomly call on individual students to flip over their cards and name the corresponding move. Everyone performs the move until a different student is called on to flip his or her card. Maintain a fast pace for added fun. Students will get a quick burst of energy as they floss, twist, bounce, and strum!



Hearts—play air guitar



Clubs—do The Floss



Spades—do The Twist



Diamonds—bounce like a boxer

Just for Fun

Invite students to share their favorite dance moves. Use those moves in your next “Got to Move” learning break.



Quick Fact to Share

Kids 6 to 17 years old should get at least 60 minutes per day of physical activity, mostly aerobic. Being active helps kids (and adults) think and feel better.



American
Heart
Association.

Help Others

Here to Help!

Giggles and laughter are a large part of this teamwork-focused game. Students may know the game as “Ants on a Log.” Put three to five lines of tape on the floor (hint: wider tape makes this game easier). Have several students stand on each tape line. The object of the game is for the students on each line to switch positions on their line without stepping off the line. At the end of the game, the order of players on each team should be reversed; for example, players 1, 2, and 3 should now be players 3, 2, and 1. When a player steps off the line, the player returns to his or her most recent position on the line and tries again. For an added challenge, use larger teams and longer lines. Super fun!



Just for Fun

Continue the laughter by challenging students to say each of these tricky phrases ten times, really fast, without messing up—maybe even while playing the game!

The skunk said the stump stunk.

She sells seashells by the seashore.

Where should six sick sheep sleep?

If a dog chews shoes whose shoes does it choose?



Quick Fact to Share

Helping others is good for your heart, your health, and your happiness.



Avoid Vaping and Tobacco

Just Say "No!"

Stretch, lift, squeeze, and breath deep: Have students take three deep belly breaths, holding each breath for a count of three before exhaling with gusto. Then introduce the following yoga poses, renamed with heart health in mind.

Be a Warrior for Your Heart (warrior pose)

Start with legs together. Take one step back with one leg, then bend front knee. Extend arms above your head with palms facing each other. Hold for 20 counts while chanting "I am a warrior for my heart." Switch legs and repeat.



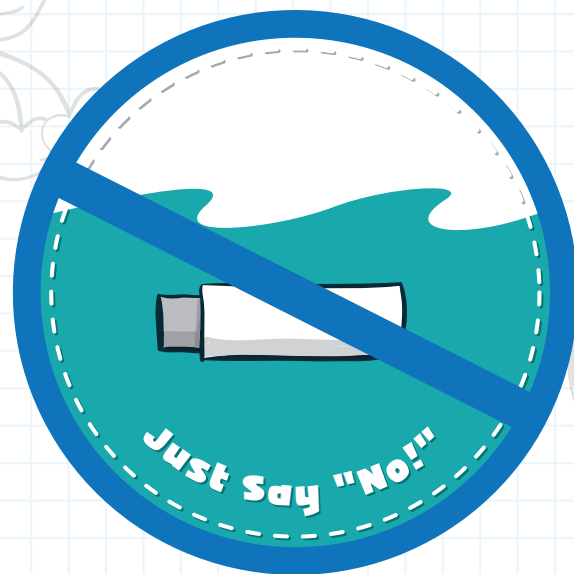
Kick the Habit (donkey kicks)

Start on your hands and knees. Line up your hands under your shoulders and your knees under your hips. Press up onto your hands and feet. Kick one leg up. Kick the other leg up. Repeat two more times. Lower your knees to the floor. Chant together, "We'll help our family and friends kick the tobacco out of their lives!"



Just for Fun

Have students create and practice a secret "no tobacco/no vaping handshake" that celebrates their knowledge about the dangers of tobacco and e-cigarettes.



Quick Fact to Share

There is no such thing as risk-free tobacco products. This includes smoking e-cigarettes, which is also called vaping or JUULing.



American
Heart
Association.

Drink More Water

Do a Speedy Switch if You...

Have all students except for one position their chairs in a circle and take a seat. Have the remaining student stand in the middle of the circle. To start the game this student completes the phrase, "Do a speedy switch if you..." with information that is true about him or her. For example, a student might say "Do a speedy switch if you love to play soccer (have a pet cat, collect stickers, dislike soggy peas, etc.)." As soon as the student completes the sentence, all students to whom the sentence applies (including the speaker) hurry to different chairs that are not beside their current chair. The person who doesn't find a seat starts a new round of play. Encourage students to mix in questions about healthy habits, such as "Do a speedy switch if water is your favorite drink" or "Do a speedy switch if you played outdoors yesterday."



Just for Fun

Fruits can help hydrate your body. Share these jokes spotlighting fruits that are good sources of water.

What kind of fruit can fix your sink?
a PLUM-mer

When do you go at red and stop at green?
When you're eating a watermelon.

What do you call a talking cantaloupe?
One in a melon!



Quick Fact to Share

Water keeps your mind and body healthy by transporting nutrients, removing waste, regulating body temperature, and keeping cells working. Help your body by drinking water when you're thirsty, and by drinking extra water in warm weather and when you exercise.



American
Heart
Association.

Eat Plenty of Fruits and Vegetables

Up, Down, Stop, Go

This game combines pantomime with gross motor skills. Work each command below into a sentence about eating fruits and vegetables. For example, “Stretch UP to pick the juicy apple from the tree,” “Bend DOWN to pick the yummy snap peas,” or “GO to the market to buy a can of peaches.”

Up—jump or stretch upward as high as you can

Down—squat

Go—run in place (or skip, walk, or hop) within the play area

Say the commands faster for older students, or challenge them to do the opposite (when you say “up” they move “down” or when you say “go” they stop. Students get quick a workout, and eating healthful foods will be top of mind.



Just for Fun

Name random alphabet letters at a quick pace. Challenge students to name a fruit or vegetable that begins with each letter.

L, A, C, S...



Quick Fact to Share

Fresh, frozen, canned, dried, and 100% juice varieties of fruits and vegetables can all be part of a healthy diet. The American Heart Association recommends 4–5 servings per day each of fruits and vegetables.



American
Heart
Association.

Watch out for Added Sugar

Ride the Wave

Double the fun of the traditional stadium wave! Have students stand in a circle. Start the wave and continue it for a second cycle. When the second cycle of the traditional wave gets about halfway around the circle, begin a wave of squats. When the traditional wave comes full circle begin a wave of lunges. When the squat wave comes full circle introduce a two-foot hop. Keep the double wave going by adding different moves or repeating earlier moves.



Just for Fun

After sharing the fact shown, challenge students to name things associated with the number six. Possible answers include six legs of an insect, six-sided die, six is half a dozen, six players on a hockey or volleyball team, six years old, six feet tall, six sides on a hexagon, six inches is half a foot, and so on. What a handy way to help students remember not to have more than 6 teaspoons of added sugar each day.



Quick Fact to Share

Children between two and 18 should eat fewer than 6 teaspoons of added sugar per day. A typical 12-ounce serving of regular soda has 8 teaspoons of added sugar.



Avoid Vaping and Tobacco

Cat and Mouse

Cooperation and strategic thinking are the key to this fun-filled game. Grab two different-sized rubber playground balls and have students stand side-by-side in a circle. Introduce the larger ball as “Kongo the Cat” and the smaller ball as “Maverick the Mouse.” Hand the balls to two students positioned on opposite sides of the circle. The object of the game is for Kongo to catch Maverick. Each ball is moved by being quickly passed around the circle in either direction. Can Kongo catch Maverick? The chase is on!



Just for Fun

Have students work in pairs or small groups to write and perform no-smoking raps or to design no-smoking posters for a hallway display.



Quick Fact to Share

The exhaled vapor from e-cigarettes contains harmful chemicals much like those of secondhand cigarette smoke. Remind students that smoking and vaping can harm a person's ability to play fun games like this one!



Be Ready to Learn

Sound the Alarm

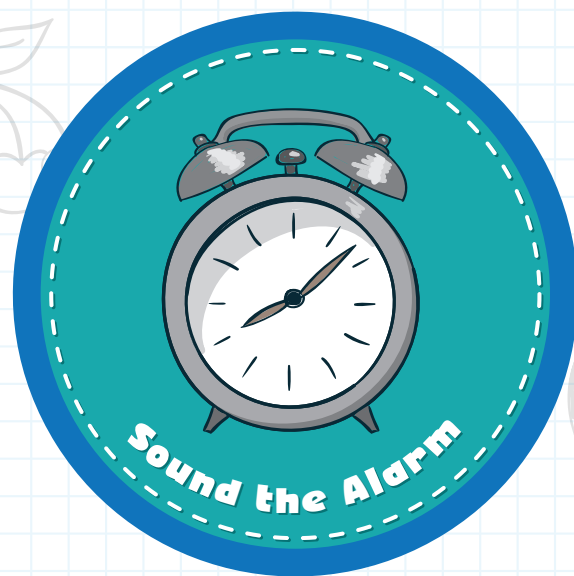
Announce this brain booster activity with the press of a buzzer, ring of a bell or sound of a phone alarm. Students hop from their chairs and complete a “Wake Up!” dance. Start with a four-part sequence such as stomp left, jump twice, spin in a circle and fist-bump a classmate. Repeat the sequence two more times. Follow up with a second four-part dance sequence such as stomp right, jump twice, touch your toes and elbow-bump a classmate. Repeat this sequence two more times then perform the two sequences together. Tell students they might want to try this dance first thing in the morning to wake up!



Just for Fun

Share these unusual sleeping habits of animals in the wild:

- Meerkats pile on top of one another!
- Ducks often sleep side-by-side in a row. The duck on each end of the row keeps one eye open to watch for danger.
- A giraffe sleeps only about 30 minutes a day — five minutes at a time. Usually, a giraffe sleeps standing up. Sometimes it sits down and rests its head on its back.



Quick Fact to Share

A lack of sleep makes it difficult to pay attention in school. Stay alert and ready to learn all day by getting a good night's sleep and eating a nutritious breakfast.



Move More

Mix It Up

During this activity break, students act out opportunities for staying active. Use your phone alarm or set a secret timer for 15 seconds. Choose games such as basketball, baseball, four square, tennis, golf and dodgeball along with physical activities such as jumping rope, boxing, karate kicks and flying a kite. Call out a game or activity and tell students they should “play” the game or activity until the timer goes off. Then announce one more.



Just for Fun

Compare the weight of the human heart (less than one pound) to the average weight of other organs in the human body. If you have a scale in your classroom, you can even compare it to the weight of classroom materials, such as a stapler, book or lunchbox.

- Lungs — about 5 pounds or 2½ pounds per lung
- Intestines — about 7½ pounds
- Liver — slightly more than 3 pounds
- Brain — about 3 pounds



Quick Fact to Share

Your heart is the hardest-working muscle in your body, yet it weighs less than one pound. Staying active is great for your heart. It's also great for your bones and brain.

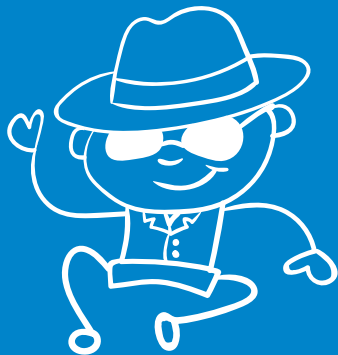


American
Heart
Association.

Know Your Heart

Gettin' Silly!

Get students on their feet and moving around while impersonating characters. Instruct students to pretend to be spies, clowns, superheroes, rock stars, runway models or champion athletes. They'll stretch their bodies and imaginations!



Just for Fun

Bring on the laughs! Join students in mimicking a variety of styles including chuckles, cackles, giggles, belly laughs and more.

HA HA HA



Quick Fact to Share

Laughing is good for your heart. It can reduce stress and give a boost to your immune system. The effects of a good laugh can last for 24 hours.



Eat Plenty of Fruits and Veggies

Harvest Time!

Re-energize students with this brain-boosting version of Simon Says called “Farmer Says.” Take on the role of the farmer. Remind the group that they are to perform only instructions that begin with “Farmer says...” When a player moves without hearing “Farmer says,” he or she can “undo” the movement by hopping two times and immediately rejoining the game.

Possible game phrases:

- Pick apples (*oranges, grapefruits, peaches, pears, bananas*) high in the trees.
- Dig for potatoes (*sweet potatoes*).
- Pick grapes (*blackberries, raspberries, blueberries*) as fast as you can.
- Pick the largest watermelon (*cucumber, squash*) in the patch.
- Pull carrots (*radishes, beets*) out of the ground.



Just for Fun

Entertain students with these surprising facts about fruits and veggies:

- A banana is actually a type of berry.
- Apples, pears, peaches and cherries are part of the rose family.
- Corn is a member of the grass family.
- Potatoes were the first food grown in space.



Quick Fact to Share

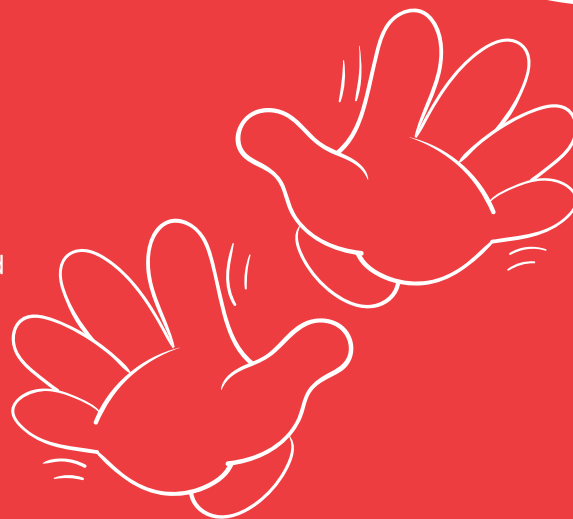
Vitamins, minerals, healthy fats, protein, calcium and fiber in fruits and vegetables protect you from heart-related illnesses. Regularly eating a diet that’s full of fruits and vegetables can also improve brain power.



Reduce Salt Intake

Shake it OUT!

This fun movement activity reminds students to shake extra salt OUT of their diets! Have students remain seated. Holding their arms out in front of them, instruct students to shake their right arms two times, their left arms two times, their right legs two times, their left legs two times, and their heads two times. Then mix it up and speed it up. Right arm three times, left foot five times, head one time, and so on. Finish giving extra salt the shake with the chant below.



Just for Fun

Student-created motions make this lively chant even more fun. Call out a line and have students repeat it, or post the words on the board to perform the chant together.

- 1, 2, 3, 4 — kick extra salt out the door!
- 5, 6, 7, 8 — get salty food off your plate.
- 9, 10, 11, 12 — keep the shaker on the shelf!
- We are salt detectives.
- We look for salty clues.
- When we find extra salt
- We know what to do!



Quick Fact to Share

Eating too much salt makes your heart work harder. On average, people ages 2 to 19 eat about double the amount of sodium the American Heart Association recommends. The foods that contribute the most sodium are pizza, burritos & tacos, sandwiches, breads & rolls, cold cuts & cured meats and soups.



American
Heart
Association.

Help Others

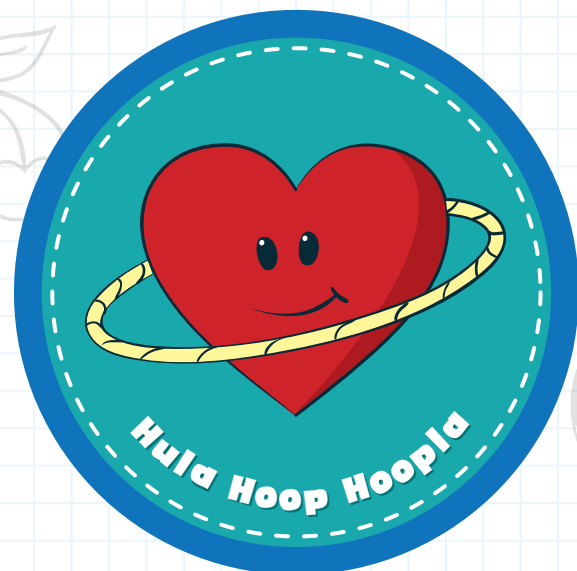
Hula Hoop Hoopla

Show students that helping others is both good for their hearts and loads of fun! Have students form a circle, holding hands. Ask two students to let go of their grip, place their hands through the hoop, then hold hands again. Explain that the goal of this game is to get the hula hoop around the circle without anyone letting go of their teammates' hands. Students will need to wiggle and slide their bodies through the hoop and work together to succeed. Follow up by inviting students to share how help from their teammates simplified the task, and challenge them to complete the task in record time.



Just for Fun

Establish Good Words Wednesday in your class. Each Wednesday invite students to use free time during morning work, recess or when they've completed activities to make cards for residents of a local nursing home, patients in the pediatric ward of a hospital or a local veterans' group. These cards are also a thoughtful way to recognize the contributions of office staff, custodians and food service employees.



Quick Fact to Share

Helping others can reduce stress, sadness and anger, all of which have negative effects on the body — including the heart.



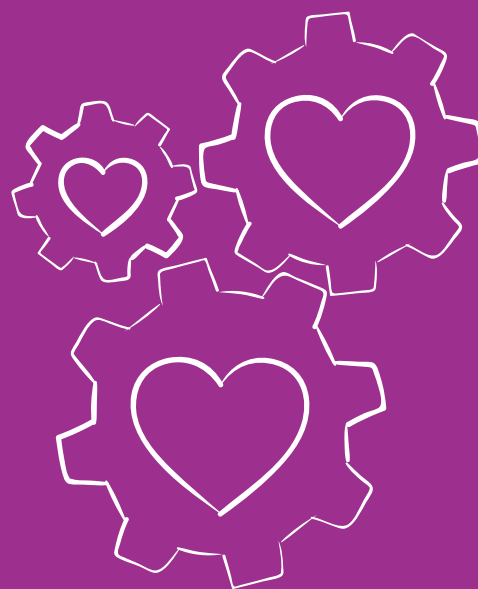
American
Heart
Association.

Move More

Heart Tune Up

Tune up your students' hearts and give their brains a boost with this sequence of simple yoga moves.

1. With your feet shoulder-width apart, reach your arms out to the sides and lift them to the sky. Relax and lower your arms. Repeat.
2. With your feet spread apart, twist your body to the right and then twist your body to the left. Gently swing your arms as you twist. Repeat.
3. Bring your feet together. Lift up onto your tiptoes and reach your fingers to the sky. Repeat.
4. Keeping your feet together, round your back, bend your knees and sweep your fingertips just above the floor. Repeat.



Just for Fun

Have each student work with a partner. Challenge the pairs to create heart-shaped poses using their arms, legs, and bodies.



Quick Fact to Share

Practicing yoga a couple of times a week is a great way to tune up your heart, lungs and blood vessels. Yoga also strengthens your body and helps you focus.

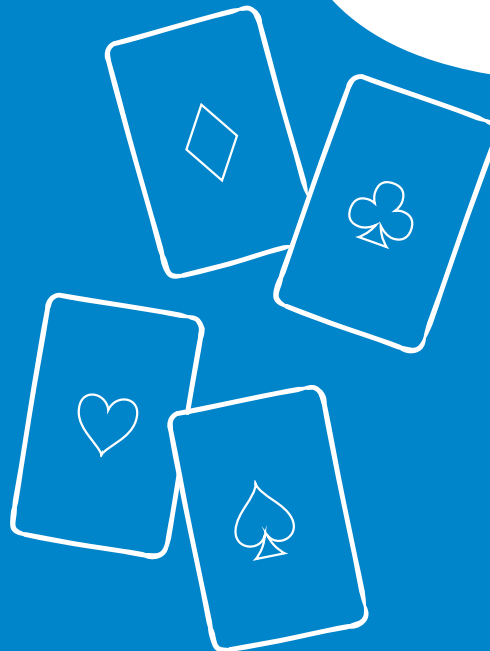


American
Heart
Association.

Be Kind

Pass It On

Passing on random acts of kindness is lots of fun using the cards created in the “Just for Fun” section. Post a key that features a different action for each card suit. Have the group form a circle and hand each student a playing card. To begin play, instruct students to perform the actions that correspond to the suits on their cards. After 10 or 15 seconds, say “Pass it on!” Students then pass their cards to classmates on their right. Play continues as described. Keep the pace steady and add to the fun by occasionally interjecting a “Double (or triple) pass it on!”



Just for Fun

Hand out blank index cards. Have about one-fourth of the class draw and color a red heart on their cards. Repeat for each remaining card suit. Then ask students to write a message of kindness on the blank side of their card. Collect the cards so they can be used during games of “Pass It On.”



Quick Fact to Share

Kindness strengthens your heart — physically and emotionally. Being kind to others can reduce stress and anxiety. It also fosters friendships. These factors can lessen your risk of heart disease.



American
Heart
Association.

Know Your Heart

The Beat Goes On

Fun, high-energy activities are sure to get hearts beating and blood flowing. Have students stand. Show them a series of movements, such as 10 high knees, five forward lunges, 10 star jumps and five squats. Then challenge students to complete the sequence as many times as possible in one minute. Ready, set, go!



Just for Fun

Get students pumped up about hearts with these fascinating facts.

- A human heart weighs less than one pound. A giraffe's heart weighs about 26 pounds — powerful enough to pump blood up the animal's long neck. The heart of a blue whale weighs about 400 pounds.
- A human heart is about the size of a fist. A cow's heart is about the size of a human head.
- An octopus has three hearts.



Quick Fact to Share

Your heart pumps blood through four chambers. Before blood leaves each chamber, it passes through a valve. The valve opens and shuts to let blood through. The sound of your heartbeat (lub-DUB, lub-DUB) is the opening and closing of these valves.



Move More

Fitness Jam

A familiar holiday tune increases the fun of this action-packed brain booster. Tell students you have 12 actions for them to perform to the tune “The 12 Days of Christmas.” Lead students in completing the first several actions, adding a few new ones each day.



On my [first] day of fitness, my teacher gave to me...”

- 1 stork stand
- 2 toe touches
- 3 muscle poses
- 4 jumping ropes (imaginary ropes)
- 5 forward lunges
- 6 half squats
- 7 boxer bounces
- 8 raise the roofs
- 9 high knees
- 10 side stretches
- 11 arm circles
- 12 jumping jacks

Just for Fun

Have students create their versions of “The 12 Days of Fitness.” Provide a sign-up sheet for students to sign up to present their fitness routines to the class during learning breaks.



Quick Fact to Share

Your heart is a muscle, and like any muscle, exercise strengthens it. To keep your heart strong, most of your 60 or more minutes of activity a day should be moderate or vigorous intensity. Moderate intensity is when you’re breathing hard but can still talk easily. Vigorous intensity is when you can only say a few words before you need to take a breath.



Teacher's Guide

Energize your class with these fun and educational brain boosters

Get students stretching, jumping, moving, laughing, and learning all about healthy habits. Here's what you'll find in this brain booster kit:

- 20 brain booster activities
- Fun add-ons
- Fascinating facts to share
- Colorful badges to post outside your classroom door

Ready to get started? Here's what to do.

1. Select a quick and fun brain booster activity. You'll find a variety to choose from; all require only basic classroom materials so you won't need to prepare items in advance.
2. Glance over the simple directions, then lead students in doing the activity. Spend just a few minutes doing the activity and provide a welcome break during the day.
3. Once you're done, check off the activity on your tracking sheet. Cut out the badge for the activity and post it outside your classroom door to show others what students are learning and doing.
4. Review the Just for Fun activity. If time allows, invite students to try this activity too. Otherwise save it as a five-minute filler for later in the day, on the way to the playground, or just before the school day wraps up.
5. Be sure to share the quick facts at the bottom of the page. Read these aloud or write them on the board, and encourage students to share them with friends and family. In your class newsletter or your next email to families, encourage families to ask students what they've learned about physical activity, tobacco use, and so forth and include a few of these facts.



Add to the fun by launching a classroom competition to see which class completes the most activities each week, and ask your principal to give a shout-out to the winners during the morning announcements. Plus use brain boosters to reward your class for a job well done, such as 100% homework completion, powering through a tough topic, or finishing a unit or test.

Once you've tried a variety of activities, have students take turns choosing one each day to repeat. They'll look forward to doing their favorites all year long!

To add extra fun once you've done all of the brain boosters once, print an extra copy of the badges, cut them apart, and place them in a bag. Invite a student to randomly select one from the bag (without peeking!) to be the brain booster for the day.

Engage students' curiosity with this display. As you complete each brain booster, use the badge to start forming a letter in a word like HEART, HEALTH, HAPPY, HELP, or KIND. Keep adding to the letter until it's formed, then start on the next letter in the word. Challenge students to try to guess the word before all of the letters are formed. Keep going until the word is completed—then start all over again! To mix things up, next time make a heart, smiley face, or other simple shape with the badges or work to do enough brain boosters so that the badges go the whole way around your classroom door.









Principal's Guide

Energize your class with these fun and educational brain boosters

Students and staff will be up and moving, laughing, and learning all about healthy habits. Here's what you'll find in this brain booster kit:

- 20 brain booster activities
- Fun add-ons
- Fascinating facts to share
- Colorful badges to post outside your classroom door

Ready to get started? Here's what to do.

1. Distribute the brain boosters to your teachers or encourage teachers to download them at the Kids Heart Challenge Headquarters Teacher's Resources. Let teachers know that they can use these activities anytime they need a five-minute filler or their students need a quick stretch. The activities require only basic classroom materials so teachers won't need to prepare items in advance.
2. Let teachers know that each activity takes only a few minutes but provides a welcome break.
3. Encourage teachers to check off the activities they've done on their tracking sheets. Then they should cut out the badge for the activity and post it outside the classroom door to show all that students are learning and doing.
4. The kit also includes Just for Fun activities, which can be used throughout the day, and quick educational facts to share. Consider including the facts in your morning announcements, on your school website, and in any communications with families.
5. Encourage a little fun competition. Challenge classes to see which one completes the most activities each week, and congratulate the weekly winners during the morning announcements.



Choose one of the brain boosters to try in the middle of your next staff meeting. It's a great way to remind teachers of the value of getting up and moving. Everyone will be energized.



Brain Booster Tracker

Check the box below each brain booster that you and your students complete.
Keep track of your students' favorites by shading the hearts.

<p>Go for the Rainbow</p>  <p>Go for the Rainbow</p> <input type="checkbox"/> 	<p>Zap That Salt!</p>  <p>Zap That Salt!</p> <input type="checkbox"/> 	<p>Make a Move for Kindness</p>  <p>Make a Move for Kindness</p> <input type="checkbox"/> 	<p>Got to Move!</p>  <p>Got to Move!</p> <input type="checkbox"/> 
<p>Here to Help!</p>  <p>Here to Help!</p> <input type="checkbox"/> 	<p>Just Say "No!"</p>  <p>Just say "No!"</p> <input type="checkbox"/> 	<p>Do a Speedy Switch if You...</p>  <p>Do a Speedy Switch if You...</p> <input type="checkbox"/> 	<p>Up, Down, Stop, Go</p>  <p>Up, Down, Stop, Go</p> <input type="checkbox"/> 
<p>Ride the Wave</p>  <p>Ride the Wave</p> <input type="checkbox"/> 	<p>Cat and Mouse</p>  <p>Cat and Mouse</p> <input type="checkbox"/> 	<p>Sound the Alarm</p>  <p>Sound the Alarm</p> <input type="checkbox"/> 	<p>Mix it Up</p>  <p>Mix it Up</p> <input type="checkbox"/> 
<p>Gettin' Silly</p>  <p>Gettin' Silly!</p> <input type="checkbox"/> 	<p>Harvest Time!</p>  <p>Harvest Time!</p> <input type="checkbox"/> 	<p>Shake it OUT!</p>  <p>Shake it Out</p> <input type="checkbox"/> 	<p>Hula-Hoop Hoopla</p>  <p>Hula-Hoop Hoopla</p> <input type="checkbox"/> 
<p>Heart Tune-Up</p>  <p>Heart Tune-Up</p> <input type="checkbox"/> 	<p>Pass it On</p>  <p>Pass it On</p> <input type="checkbox"/> 	<p>The Beat Goes On</p>  <p>The Beat Goes On</p> <input type="checkbox"/> 	<p>Fitness Jam</p>  <p>Fitness Jam</p> <input type="checkbox"/> 