



OUR HEART BEATS
FOR YOU, SUPERSIB!

SuperSibs 

Supporting Siblings of Children with Cancer

This Valentine's Day, show your heart some **love!**

Try these easy moves anywhere to boost your heart health and also boost your mood!

Stretch

Reach your hands down to your toes, then up toward the sky. Take deep breaths in through your nose and out through your mouth with each movement.



Chair Squats

Stand tall with a stable chair behind you. With your arms straight in front of you, sit back slowly and stop before you hit the chair. Slowly straighten back upright. Repeat 10 times!

Jumping Jacks

Get your heart pumping and your blood flowing by doing 60 jumping jacks.



Butterfly Kicks

Lay on your back, and raise your feet just barely off the floor. Keep your abs tight, and flutter-kick your feet (picture butterfly wings!). Try keeping your feet fluttering off the ground for 45 seconds.

Tell a Joke

Laughing reduces stress and is good for your heart! Cool down with a good chuckle.

Why do skunks fall in love?



With your parent's permission, keep in touch!



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