OUR HEART BEATS FOR YOU, SUPERSIB!
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!

SuperSibs@AlexsLemonade.org  @SuperSibsALSF