

Creative Coloring

Celebrate good heart health.
Color in this picture to create your own masterpiece.



THIS DAY IN... HISTORY



- **1693:** THE COLLEGE OF WILLIAM AND MARY IN VIRGINIA RECEIVES ITS CHARTER, BECOMING THE SECOND INSTITUTION OF HIGHER LEARNING IN THE UNITED STATES.
- **1879:** THE ENGLISH CRICKET TEAM IS ATTACKED DURING A MATCH IN SYDNEY.
- **1963:** PRESIDENT JOHN F. KENNEDY DECLARES VARIOUS INTERACTIONS WITH CUBA BY U.S. CITIZENS ILLEGAL.

HEALTH FACT:



THIS TERM MEANS "OF OR RELATING TO THE HEART."

ANSWER: CARDIAC

New Word

AEROBIC

exercise that intends to improve the cardiovascular system

How they SAY that in...

ENGLISH: Pulse

SPANISH: Pulso

ITALIAN: Battito

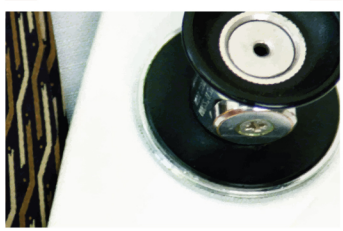
FRENCH: Pouls

GERMAN: Puls

Did You Know?

PEOPLE WHO SUFFER FROM ANEMIA EXPERIENCE A REDUCTION OF OXYGEN AVAILABLE TO THEIR BODIES. THEY MAY SHOW SYMPTOMS OF BEING TIRED.

GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: STETHOSCOPE