

Valentine's Day Pick 'n' Mix

Give your 'heart a hug' this Valentine's Day!

Can you tick off all of our 'Healthy Heart' challenges?

**Remember to get a 'Healthy Selfie' and tag us in your post
@KnowsleySSP**

**Complete a
home workout!**

**Enjoy a family
walk!**

**LOVE
UR
HEART**

**30-minute
Jog/Run!**

**Yoga/Stretch/
Reflect!**

**Dance yourself
HEALTHY to
your fave song!**

**Perform a
random act of
kindness!**

**Check on a
loved one- Give
them a call!**