Objective:
Students will be able to name risk factors for heart disease.

Equipment:
• Cones
• Stability balls

Explanation:
Heart disease is the number one health problem in America. It accounts for more deaths than all other diseases combined. There are risk factors that increase a person’s chance of suffering from heart disease. Some risk factors a person has no control over, such as, age and heredity. Other risk factors are well within a person’s control, such as smoking, poor nutrition, inactivity, and obesity.

Directions:
1. Divide play area into four squares and number the squares 1-4.
2. Divide the class into five teams.
3. To start each team has a square and one team is out waiting in line
4. The Object is to stay in the square (healthy) as long as possible.
5. Each team starts with a stability ball in their square. The stability ball represents one of the risk factors (smoking, poor nutrition, inactivity, and obesity)
6. On the signal, teams throw the stability balls (risk factor) into other squares. If at any time all four balls (risk factor) are in one square, that square is out and the new team comes in.
7. At the teacher’s discretion, the teacher will explain that life is not always fair. There are some risk factors we have no control over such as aging, gender or heredity. The teacher may pick a team and give them a risk factor they can do nothing about. This would mean that they would only have to have three balls risk factors in their square.

Assessment: At the end of the game, ask students to tell a partner 2 different risk factors