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<https://www.sustrans.org.uk/campaigns/outside-in/>

Below is a sneaky peak of Week 1's activity.



A sneak peek of Week 1...



## Be a heart detective

Today, we'll investigate what activity makes your heart beat the fastest.



### What you'll need

- A timer
- A piece of paper

### About the heart

Your heart is a very strong muscle. It pumps blood containing oxygen around your body, to every part of you.

It's super important that we all keep our hearts healthy. This can be done by doing activities that make