

# Valentine's Day Healthy Heart Maze

Flex your heart muscle to keep it strong with daily exercise and heart friendly foods!

The explorers have prepared a healthy picnic for Chef Solus.

Can you help Chef Solus find his way to the picnic?



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for free printable worksheets for kids, nutrition education games, puzzles, activities and more!

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