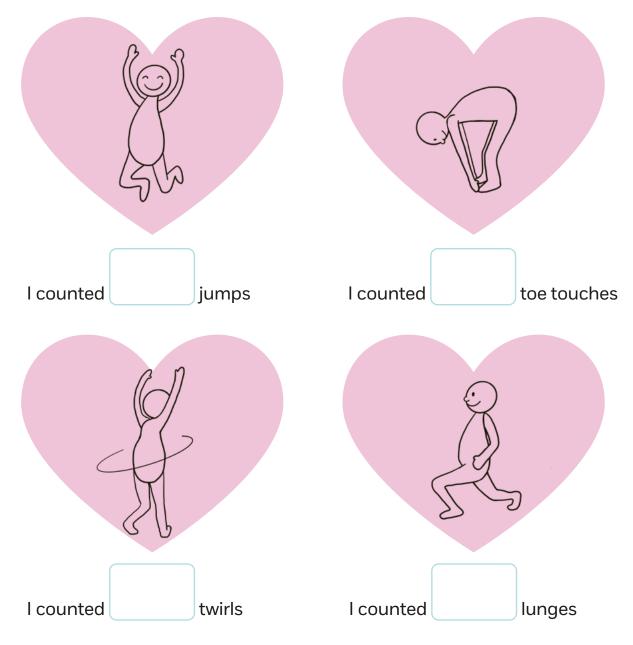
## Your heart counts



Exercise makes your heart happy! It gets your heart pumping and makes it stronger.

## Try counting how many exercises can you do in 10 seconds.



## How does this relate to maths?

You'll be practising your counting and timing skills.



This activity was created by Maths on Toast, the family maths charity. For more fun activities visit **www.mathsontoast.org.uk** Number Day is supported by Maths on Toast, led by NSPCC

