

## Risk Factor Four Square



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.

### **Supplies:**

- Cones
- 4 Stability Balls

### **How To:**

- 1.** Divide the play area into four squares using the cones 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.** 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).
- 5.** On the signal, teams throw the stability balls (risk factor) into other squares. If at any time all four balls (risk factors) are in one square, that team is out and the new team comes in.
- 6.** At the Staff's discretion, the staff will explain that life is not always fair. There are some risk factor we have no control over such as aging, gender, or heredity. The Staff 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.
- 7.** At the end of the game, have kids partner up and list off the four major risk factors together.