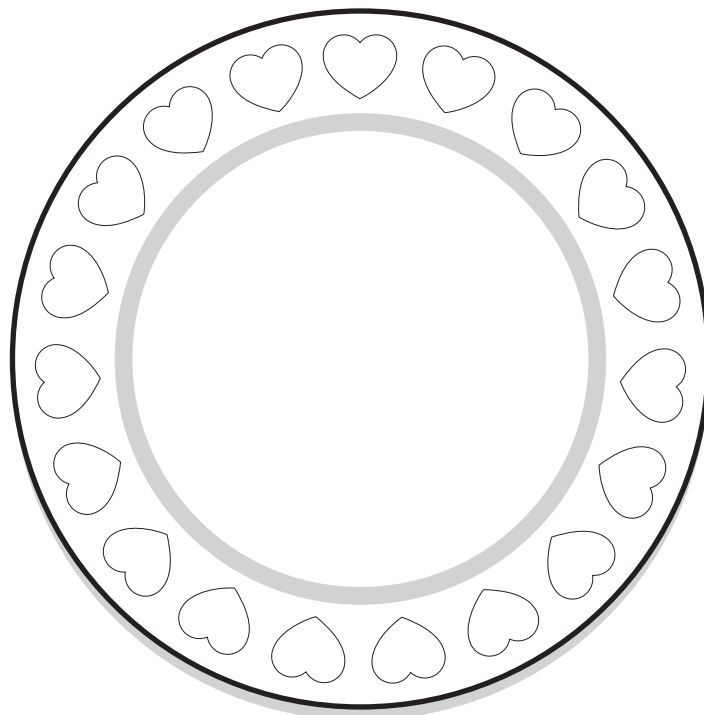




My heart beats even faster when I jump rope.

4



I can keep my heart healthy by eating

\_\_\_\_\_.

5