

### Say It! Trace It! Write It!

Learn it, practice it, spell it, and pronounce it.

**Instructions:** Say the word, trace it, then write it on your own.

### Example Sentence

A lower **resting heart rate** is generally a sign of good cardiovascular health.

**SAY IT!**

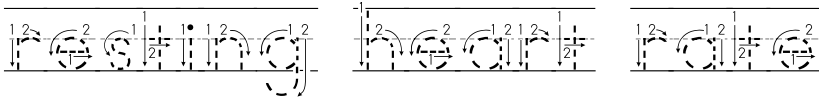
**resting heart rate**

**TRACE IT!**

**resting heart rate**

**WRITE IT!**

**resting heart rate**



Blank handwriting lines for practicing the words.

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