



## REGISTER TODAY

VISIT KHC NOW!

Join in the challenge by visiting [heart.org/KHC](https://heart.org/KHC) or download the Kids Heart Challenge app.



Download on the  
App Store



Get it on  
Google play

### TODAY'S CHALLENGES

#### PHYSICAL CHALLENGE

Watch your water intake!

**Hydrate throughout the day and before and after physical activity.**

#### KINDNESS CHALLENGE

Schedule relaxation or meditation on your work calendar today.

**Be kind to yourself – take a break!**

# FINN'S MISSION

VISIT KHC NOW!

**Finn has set a goal of having 100,000 complete Finn's Mission which teaches you skills such as hands-only CPR, warning signs of stroke and much more.**

**[View Finn's Story](#)**



Hello, Heart Hero!

Jump, jump, jump into day 4 of the Kids Heart Challenge Virtual event!

Today is the day to post a video of your family learning fun new jump roping skills. Check out our [video for ideas on jumping with single and double ropes](#).

Send your jump video to 10 friends and family to help spread the word about the importance of heart-healthy activity especially while so many are at home and out of normal routines.

Bring the energy and get ready to JUMP into action! And don't forget to use the hashtags #kidsheartchallenge and #movemore.

Thank you for taking the challenge and keep up the great work!

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## MAKING A POSITIVE IMPACT

Health care workers are on the front lines of this pandemic, and the American Heart Association is working with them to ensure they have the training and resources needed. In response to the shortage of trained ICU personnel for using ventilators, we are rapidly launching free Oxygenation & Ventilation of the COVID-19 patient job aids. We are also adding a COVID-19 data registry to our Get With The Guidelines® hospital-based modules to better manage current patients while preparing for research studies to improve health in the future.

We are engaged in solutions for remote-patient monitoring and hospital patient load management. Since those with cardiovascular disease are among those most affected by COVID-19, we are developing a new clinical/industry advisory group to better support these individuals who become infected.

*"An effort made for the happiness of others lifts us above ourselves."*

– **Lydia M. Child, American abolitionist**

**MAKE AN IMPACT**

It's important to be safe, careful and informed during the COVID-19 pandemic – and to keep your health in mind. [Visit our website](#) for helpful information from the American Heart Association as well as other trustworthy sources.

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## WATCH TODAY'S MESSAGE FROM ALEXA

**Each day Alexa has a video message for you. Follow the link below to watch today's message!**



**WATCH VIDEO**

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## KICK CABIN FEVER FEATURES

### Featured Video



[Welcome to the Kids Heart Challenge](#)

### Today's Activity



[Jumping Rope Skills](#)

### Tasty Recipes



[Vegetarian 3-Bean Chili](#)  
[Sweet and Spicy Veggie Dip](#)

### Tip of the Day



[When is the best time of day to exercise?](#)

**SHARE! SHARE! SHARE!**

**Did you record a video of your jump, jump, jump roping?**

Take a moment to share your video on social media! Be sure to use the hashtags #kidsheartchallenge and #movemore when you do.



**FOLLOW US:**



**EMAIL US:**  
[DONATE@HEART.ORG](mailto:DONATE@HEART.ORG)

**CALL US:**

1-800-AHA-USA1 OR 1-800-242-8721  
OUTSIDE US: +1 (214) 570-5978

**WRITE TO US:**

American Heart Association  
National Center 7272 Greenville  
Avenue  
Dallas, TX 75231