



REGISTER TODAY

VISIT KHC NOW!

Join in the challenge by visiting heart.org/KHC or download the Kids Heart Challenge app.



TODAY'S CHALLENGES

PHYSICAL CHALLENGE

Ready for a race? Strap on your running shoes and challenge a friend or family member to a foot race!

KINDNESS CHALLENGE

Today, take out a piece of paper and pencil, or pen, and write a letter to a family member. Tell them what you appreciate about them.

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!

On our final day of the Kids Heart Challenge Virtual, we want to thank you again for participating and kicking cabin fever to the curb.

We kicked off the challenge by dancing and we'll wrap it up by

movin' a little more! To help get started, check out these [25 ways to keep moving at home!](#)

Capture photos and/or videos of your family making heart-pumping moves and share on social media using the hashtags #kidsheartchallenge and #movemore!

Remember: there is still time for you to ask your family and friends to help you reach your goal to support kids like [Laney](#) with special hearts!

We can't wait to see the creative ways you are staying heart healthy as a family!

Great job completing the Kids Heart Challenge Virtual with your family and thank you for raising funds to help save lives.

With Heart,
Your Friends at the American Heart Association

MAKING A POSITIVE IMPACT

During COVID-19 and every day the American Heart Association works to meet people where they are by providing the resources they need. As people adapt to new ways of living during this uncertain time, we are committed to supporting our heart and stroke patients, and their caregivers, by providing a network of resources and emotional support. Through our online empowerment tools, patients can continue to monitor their blood pressure and other health metrics in the comfort of their own home. Our website (heart.org) is full of

information for patients and individuals around the connection between COVID-19 and cardiovascular disease, and we will continue to update this information with specific information for various heart conditions. In addition, the Support Network provides an opportunity for patients and their caregivers to engage online with others and find emotional support in a time of social isolation. For those not online, our staff is available to answer questions using our toll-free number 1-800-AHA-USA1 (1-800-242-8721).

"Life's most urgent questions is: What are you doing for others?"
– **Martin Luther King, Jr.**

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.

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

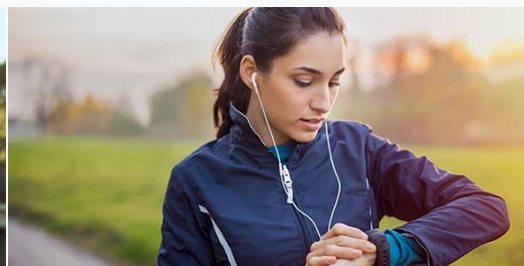
KICK CABIN FEVER FEATURES

Featured Video



[Meet Emma, One of Our Heart Hero Survivors](#)

Today's Activity



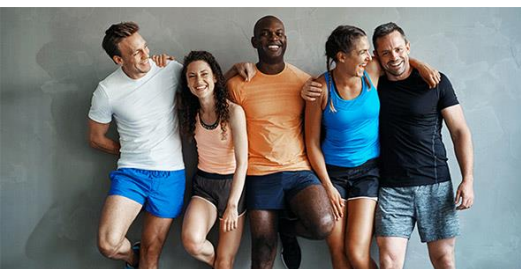
[Set Your Fitness Goals](#)

Tasty Recipes

Tip of the Day



[Greek Seven Layer Dip](#)
[Texas Caviar](#)



[Celebrate Fitness Success](#)

SHARE! SHARE! SHARE!

Share your photos and videos from the Kids Heart Challenge!

It's the final day of the Kids Heart Challenge Virtual, and we hope that you have taken lots of photos and videos of your daily activities.

Share your photos and videos on social media today, and be sure to use the hashtags #kidsheartchallenge and #movemore when you do.

And don't forget to remind your friends and family that you are raising lifesaving funds through the Kids Heart Challenge and ask them one more time to make a donation to your fundraiser.



FOLLOW US:



EMAIL US:
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