



## 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

Schedule physical activity time on your work calendar today – and treat it like an important appointment.

### KINDNESS CHALLENGE

Forget #FOMO Choose #JOMO (joy of missing out). Now is the time for quality family time – enjoy it!

# 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](#)**



Hi, Heart Hero!

Today's Kids Heart Challenge Virtual activity is Game Day. Think of fun ways to bring games indoors such as HIDE AND GO SEEK or a lively game of musical chairs.

When was the last time your family played hide and go seek? Here

is the catch! You only have 10 seconds to run to your hiding spot. The goal is to keep your heart pumping during the game.

After your fun family game time, take a few minutes to spread the word on social media about how great it felt to #movemore! Remind your friends that #kidsheartchallenge is still well underway and give them the information to support your child's goal.

Thank you from your friends at the American Heart Association

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## MAKING A POSITIVE IMPACT

The American Heart Association is working with federal and state governments to ensure families have access to care by supporting advocacy priorities. These include guaranteeing free coronavirus testing, increasing the manufacture of personal protective equipment for front-line health care workers and expanding federal child nutrition programs and the Supplemental Nutrition Assistance Program (SNAP), to name a few.

In addition, we are urging governors and state legislatures nationwide to take immediate steps including removing barriers to COVID-19 testing and treatment, promoting continuity of care for Americans with serious health conditions and waiving rules that require in-person interactions that inadvertently promote community spread of COVID-19.

*"The purpose of life is to contribute in some way to making things better."* – **Robert F. Kennedy, American Politician**

## 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 Our Heart Hero Characters](#)

### Today's Activity



[Heart Hero Puppets](#)

### Tasty Recipes



[Raspberry Chocolate Mini Macaroons](#)  
[Turkey Sliders](#)

### Tip of the Day



[Fight Stress with Healthy Habits](#)

## SHARE! SHARE! SHARE!

**Share how it felt to #movemore as a family!**

We hope you had a great time playing hide-and-go-seek. Way to go!  
Share how it made you feel to have fun as a family while moving more, and be sure to use the hashtags #kidsheartchallenge and #movemore when you do.



FOLLOW US:



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