



REGISTER TODAY

VISIT KHC NOW!

Join in the challenge by visiting heart.org/KHC or download the Kids Heart Challenge app. **Unlock a ZOOM Room Party EXPERIENCE when you register and join the team!**



TODAY'S CHALLENGES

PHYSICAL CHALLENGE

For today's physical challenge, we want to loosen you up!

Complete 100 jumping jacks (try 4

KINDNESS CHALLENGE

A kind word is often all that is needed to truly make someone's day.

Take a few minutes today to call a family member or friend and say

sets of 25) to get your heart
beating and body moving.

hello. They will love to hear your
voice!

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.

Unlock a 2nd ZOOM Room Party
EXPERIENCE when you start FINN's
MISSION and receive your first online
donation!

[View Finn's Story](#)



Hello, Heart Hero!

Welcome to your first day of Kids Heart Challenge Virtual! We are so
happy you're joining students across the country in an exciting 10-
day journey!

Today's theme is DANCE!

In an effort to avoid potential stir-crazy chaos during school
closures, your registered child will receive heart-healthy activities,
recipes, tips and inspiring stories as a part of the Kids Heart
Challenge's Kick Cabin Fever to the Curb. We are excited to share
these daily resources to help your family stay heart healthy.

So, let's get this dance party started – a great way to keep blood pumping and energy levels high. Not to mention a fun and easy way to get your family movin' and groovin'!

Today, take a moment to learn one of the videos below, record your family's dances and post to social media with the hashtag #kidsheartchallenge and #movemore.

The instructional videos are available below. We can't wait to see your family's moves!



[Elementary Routine](#)



[Jazz Routine](#)



[Hip Hop Routine](#)

MAKING A POSITIVE IMPACT

The American Heart Association is deeply concerned about the public health crisis facing our country. Our top priority regarding coronavirus is the health and well-being of all individuals and their families today and in the future, in every community, everywhere. This virus is impacting everyone regardless of race, religion, age and gender.

Our mission – to be a relentless force for a world of healthier, longer lives – is more important than ever. Millions of people are counting on us for science-based information, health resources, community programs and patient support. We are continuing our mission-critical work in these challenging times and we know that people with

cardiovascular diseases are more likely to be seriously impacted by the virus than others.

"Dare to reach out your hand into the darkness, to pull another hand into the light." – **Norman B. Rice, 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

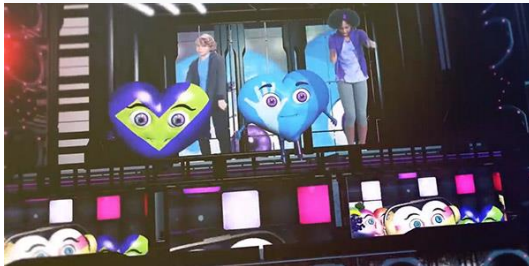
Each day Alexa has a video message for you. Follow the link below to watch today's message!



[WATCH VIDEO](#)

KICK CABIN FEVER FEATURES

Featured Video



[Heart Hero Dance Party](#)

Today's Activities



[Get the Whole Family Moving at Home
Dance It Out](#)

[Tasty Recipes](#)

[Tips of the Day](#)



[Berry Nuts Granola Bars](#)
[Homestyle Chicken Noodle Soup](#)



[Physical Activity Recommendations for Kids](#)
[Indoor Recess Activities To Do At Home](#)

SHARE! SHARE! SHARE!

Show off those dance moves! Make sure to share the photos and videos you take today. #kidsheartchallenge #movemore



FOLLOW US:



EMAIL US:
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