



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

Get those muscles warm!

Set a timer for 10 minutes and stretch those muscles.

KINDNESS CHALLENGE

Be kind to yourself!

Carve out 15 minutes of your day to just sit and breathe. Meditation is great for your mental health.

Join the Miami Dolphins Cheerleaders for your morning warm-up today!
Click here for the guided warm-up video: <https://vimeo.com/398057550>

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!

Today's Kids Heart Challenge Virtual update is all about how you and your family can **KNOW YOUR HEART.**

Create some fun family competition with this [Heart Healthy Bingo](#) game and discover the [anatomy of the heart](#).

You may be asking why this is so important. [Allow our Heart Hero Alexa and her mom, to share with you about their journey with heart disease.](#)



By supporting the work of the American Heart Association, you are helping to save the lives of kids like Alexa born with special hearts.

Please take a few minutes today to share this message with at least 10 of your friends and family and ask them to support your child's goal.

Thank you from your friends at the American Heart Association

MAKING A POSITIVE IMPACT

The American Heart Association is working to reduce the impact of the coronavirus. COVID-19 is mostly a disease of the respiratory system. But reports are showing that people with high blood pressure or who have heart disease or survived a stroke may be more vulnerable to its effects. Additionally, there are reports of infected people without underlying complications who are developing deadly arrhythmias from infection and inflammation that damage heart muscle and this may

further illustrate a critical relationship between COVID-19 and the cardiovascular system. The American Heart Association is mobilizing funding grants to create new technology-based solutions for addressing the COVID-19 pandemic.

"Those who are happiest are those who do the most for others."

– **Booker T. Washington, Educator**

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 Finn and Hear His Story](#)

Today's Activities



[Heart Hero Moves](#)
[Heart Facts](#)

Tasty Recipe

Tip of the Day



[Ranch Chive Popcorn](#)



[Watch "Just a Little Heart Attack"](#)

SHARE! SHARE! SHARE!

Now that you know all about your heart, make sure to share your new knowledge with your friends and family. It will be the perfect time to remind them that you are fundraising to save lives!



FOLLOW US:



EMAIL US:

DONATE@HEART.ORG

CALL US:

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