



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 your steps in by getting in a walk after breakfast, lunch, and dinner. Can you do 10,000 steps today?

KINDNESS CHALLENGE

Snap a picture of your dinner and send to a friend – sharing ideas is the greatest kindness!

Try the Bottle Flip Challenge from our friends at OPEN PHYS ED:
<https://www.youtube.com/watch?v=AZd8oJv6LLM&feature=youtu.be>

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 Day 3 of the Virtual Kids Heart Challenge!

Want to know the best way to feel accomplished today? If you haven't already, join the nearly 70,000 families who have completed Finn's Mission! You'll learn important skills in the mission like hands-only CPR and the warning signs for stroke.

Finn has so much to offer to help your student understand the importance of being heart healthy – [log in to your headquarters](#) to get started!

Watch this video to [learn all about Finn](#) and why you should [complete his mission!](#)



Did you know that you can learn Hands-Only CPR as a family in the comfort of your own home?

While you are cooped up at home, help your family learn this lifesaving skill. Our friends at the American Heart Association envision a world where no one dies from cardiac arrest. By learning

the two simple steps of Hands-Only CPR, you are preparing your family to help save a life – potentially a life of someone they love!



[Watch this video](#) to learn the two steps that can help save a life.

MAKING A POSITIVE IMPACT

The American Heart Association is a leading science organization focused on diagnostics, treatment, prevention and quality of care.

Pivoting in response to COVID-19, the Association is helping to accelerate antiviral drugs to combat COVID-19.

Today, Lawrence Livermore National Laboratory is using the technologies created by the American Heart Association Center for Accelerated Drug Discovery – specifically, a drug discovery pipeline, scalable virtual screening, machine learning algorithms and a draft database – and applying those technologies to a COVID-19 response. This provides an immediate opportunity to leverage these learnings

and propel new discoveries to better diagnose and, ultimately, treat COVID-19.

"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." – **Barack Obama**

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](#)

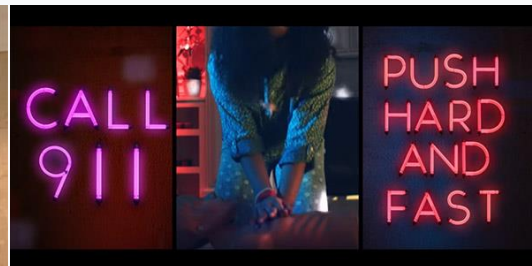
KICK CABIN FEVER FEATURES

Featured Video



[Take Finn's Challenge!](#)

Today's Activities



[Take Finn's Challenge to Learn Hands-Only CPR](#)

Tasty Recipe

Tip of the Day



[Chunky Marinara with Pasta](#)



[Watch Hands-Only CPR Training](#)

SHARE! SHARE! SHARE!

What was your favorite challenge in Finn's Mission?

Make a video and share what your favorite challenge was and why. Then share it with *everyone* on social media! Be sure to use the hashtags #kidsheartchallenge and #finnsmission.



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