



## 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 busy day to be outdoors.

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

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## MAKING A POSITIVE IMPACT

Nearly 1 out of every 3 children in America today are living at an unhealthy weight. When you raise funds, you help provide early childcare centers with the resources they need for better nutrition and increased physical activity levels for their kids.

While schools may be closed and times are uncertain, your fundraising is more important than ever before. Please, keep going!

**Thank you for all you are doing to make an impact!**

**KEEP FUNDRAISING**

Have you joined your school's online team? If not, sign up today on the free Kids Heart Challenge app or at [www.heart.org/kidsheartchallenge](http://www.heart.org/kidsheartchallenge).

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# KICK CABIN FEVER FEATURES

## Featured Video



[Meet Finn and Hear His Story](#)

## Today's Activities



[Heart Hero Moves](#)

## Tasty Recipes



[Ranch Chive Popcorn](#)

## Tips of the Day



[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!

