



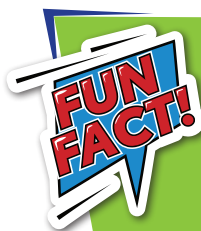
ADOPTION CERTIFICATE

NAME: Sofie

TAGLINE: "Add Color!"

CARES ABOUT: Encouraging healthy food and drink choices. A colorful plate means more fruits and vegetables!

FAVORITE ACTIVITIES: Making healthy meals, snacks and drinks for her friends and family



Sofie is a local celebrity! She was a finalist on Battle of the Salads, a cooking competition reality show for teenagers that aired on Heart Health TV (HHTV).

Sofie loves to spread the word about healthy eating and tells everyone to add color to their plates. A colorful plate starts with more fruits and vegetables which provide all the vitamins and minerals our bodies need to be strong!

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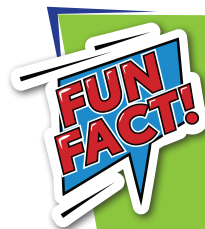
ADOPTION CERTIFICATE

NAME: Knox

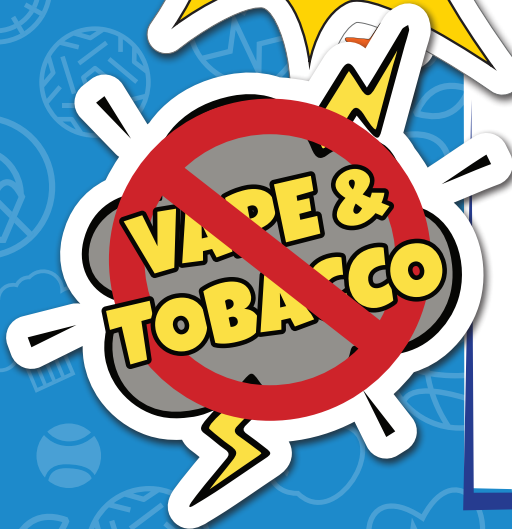
TAGLINE: "Avoid Vaping and Tobacco!"

CARES ABOUT: Making sure everyone knows to avoid smoking and vaping to stay healthy.

FAVORITE ACTIVITIES: Running, jumping, climbing and practicing his ninja moves.



Recently starred in a play at the community theater, and he's hoping to do more plays in the future.



Knox knows that in order to be the best ninja he can be he needs to keep his body free from tobacco. This includes e-cigarettes, regular cigarettes and Juuls. Knox knows ALL tobacco puts his heart at risk and shares this message with friends and family.

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ADOPTION CERTIFICATE

NAME: Sunny

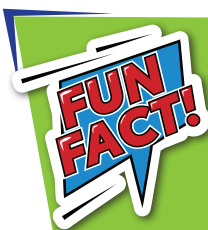
TAGLINE: "Move More!"

CARES ABOUT: Encouraging others to have fun staying active for 60 or more minutes each day.

FAVORITE ACTIVITIES: Movin' and groovin' to her favorite playlists.

HEART HERO

MOVE MORE!



Sunny is in her high school marching band. She must be fit to carry that big, heavy tuba!

Sunny loves that being active and moving more makes her feel so good! It gives her loads of energy too. Sunny makes sure she is active and moving at least 60 minutes out of every day, drinks plenty of water and gets enough sleep.

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ADOPTION CERTIFICATE

NAME: Nico

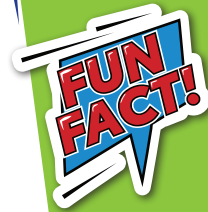
TAGLINE: "Be Kind!"

CARES ABOUT: Making others happy by showing kindness.

FAVORITE ACTIVITIES: Adding the silliest jokes to his joke notebook.



**HEART
HERO**

The character Nico is a red heart with large blue eyes, wearing black goggles and a black cape with yellow wings. He is standing on a blue background with various icons.

Nico set a world record by doing 64 acts of kindness anonymously in one day. The problem is, because the acts were anonymous no one knows he broke the record!



Be Kind!

A red speech bubble with a white outline and the text "Be Kind!" in a bold, blue font.

Nico is the "kind" of guy you want to meet. He travels around Heartsville sharing how a kind heart helps to make a healthy heart.

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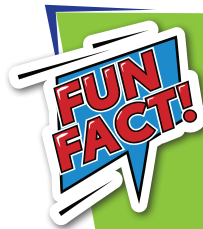
ADOPTION CERTIFICATE

NAME: Crush

TAGLINE: "Help Others!"

CARES ABOUT: Helping kids discover how much fun it is to volunteer and work to help their communities.

FAVORITE ACTIVITIES: Skateboarding and participating in the Kids Heart Challenge.



Crush has been practicing his skateboard moves. He just learned to do a heelflip and now he's working on a kickflip.

Crush has made lots of new friends through volunteering. His family sometimes volunteers together doing things like walking dogs at the local animal shelter or sending cards to hospital patients. Every time Crush volunteers it makes him feel great!

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ADOPTION CERTIFICATE

NAME: Perrie

TAGLINE: "Be Ready!"

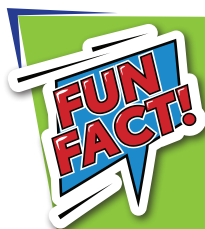
CARES ABOUT: Helping others realize how always being ready helps you make the most of every day!

FAVORITE ACTIVITIES: Always coming to school prepared to have a great day by bringing all the supplies she needs, eating fruits and vegetables to fuel her brain and drinking plenty of water to stay hydrated!

HEART HERO

A yellow starburst graphic with the words "HEART HERO" in bold, orange, outlined letters. There are small stars around the text.

BE READY!

A red starburst graphic with the words "BE READY!" in bold, blue, outlined letters. There are small stars around the text.

Some of Perrie's friends think she has superhero powers because she always has what she needs, when she needs it, and she's right on time, every day.

Perrie likes how it feels when she is prepared for each day. She makes check lists of assignments, lays out her clothes for the next school day, plans her lunches, packs a water bottle and gets a good night's sleep. Being ready has helped Perrie feel more confident and less stressed!

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