



American Heart Challenge Morning Announcements Two Weeks of Promotions

Join us on [DATE, TIME] for the American Heart Challenge [OPEN GYM/STUDENT VS. FACULTY GAME]! Let's put on our dancing shoes to help save lives! Register online today at www.heart.org/dance

Here is today's dance move [SHOW :30 DANCE CLIP]

READ ONE MESSAGE PER DAY

1. What's the word? Today the word is *brain*. We've all got one, but the brain of a middle or high school student is special. Why? It is still developing. In fact, it will continue developing until a person is about 25 years old. That's important to know if you use e-cigarettes or are thinking of vaping or JUULing. The nicotine in e-cigarettes is highly addictive, and it can actually keep your brain from developing normally. Making your brain less powerful isn't a good idea. Don't you agree?
2. Did you know that music can save a life? When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute which corresponds to the beat of "Crazy in Love" by Beyoncé and "Hips Don't Lie" by Shakira!
3. Did you know that cardiovascular diseases claim more lives each year than all forms of cancer combined? Take the American Heart Challenge to keep your heart healthy!
4. Did you know that the American Heart Association has funded 13 Nobel Prize winners? This includes techniques and standards for CPR, the first artificial heart valve, implantable pacemakers, cholesterol inhibitors, microsurgery and drug-coated stents.
5. Many e-cigarette makers sell flavors like mint, chocolate, and fruit. Why do you think they do this? If your answer is "to sell more and to make more money," you're probably right. Those flavors also can have dangerous additives, highly addictive nicotine, and even metals like lead or nickel. So, the next time you crave the flavor of a sweet mango, head to the grocery store and grab the real thing. It's a lot better for you than a vape flavoring that packs a toxic punch.
6. Did you know that for every hour you exercise, you gain two hours of life expectancy?! So, exercise every day to live a longer, healthier life!

7. Do you know where the AED is at your school? When someone's heart stops beating, an AED jolts it back into beating again with a shock of electricity.
8. Did you know that the American Heart Association advocates for CPR training in schools? 38 states now require CPR training for high school graduates. This results in over 2.5 million trained in CPR every year!
9. Did you know that e-cigarette users are exposed to nicotine, which is a dangerous and highly addictive chemical, as well as toxins, metals and contaminants? Avoid smoking or vaping to reduce your risk factors for heart disease.
10. Did you know that an energy drink has 14 teaspoons of sugar? The American Heart Association recommends consuming no more than 6-9 teaspoons of sugar per day. This is more than twice your recommended daily limit!