



American Heart
Association.

**KIDS
HEART
CHALLENGE™**





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MEET THE LEAGUE

VICTOR



BE A LEADER

Victor leads by example, practicing healthy habits like moving more, sleeping well, eating smart, choosing water, being kind, avoiding vaping and learning Hands-Only CPR. Victor inspires others to be their very best by practicing healthy habits too!

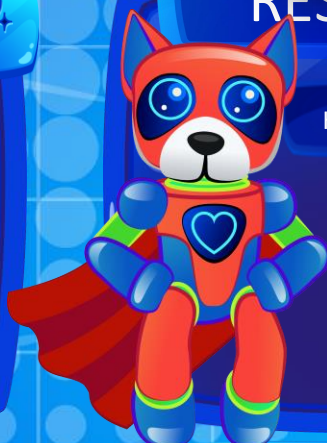


RESCUE



HANDS-ONLY CPR

Rescue is always ready to come to the aid of anyone in trouble. By learning Hands-Only CPR, you and your friends can be ready to save a life!



TURBO



MOVE MORE

Turbo's here to help you get moving! Do something active every day — you'll feel happier, sleep better and even have more energy (a turbo boost)!



ASPEN



AVOID VAPING
& TOBACCO

Aspen loves nothing more than taking a deep breath of clean air. Avoid vaping and tobacco so your lungs can stay strong and you can breathe it all in!

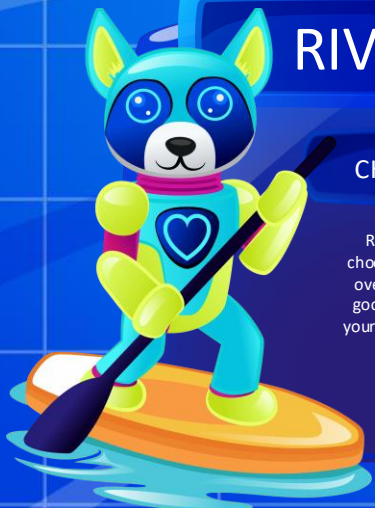


RIVER



CHOOSE WATER

River reminds us to choose cool, clear water over sugary drinks. It's good for your muscles, your joints and even your memory!



PARKER



BE KIND

Parker is the kind of dog who is kind to everyone. Being kind to others not only makes others feel better, but you will feel better too!



BEET



EAT SMART

Beet loves color and adds delicious fresh fruits and veggies to every meal. These colorful feasts give boosts of flavor, energy and fun!



ZEE



Get Sleep

Zee knows that if you don't snooze, you lose! Get 9 - 12 hours of sleep each night so you can feel your best — and help your body fight off germs that can make you sick.





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JOIN OUR **LEAGUE**



AHA Schools App



Online at [HEART.ORG/SCHOOLS](https://heart.org/schools)



Envelope or
Letter





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JOIN OUR COMMUNITY OF

LIFESAVERS



Sign up and join the
Lifesavers League!



Help kids with special hearts!



Complete Finn's Mission and
level up like a hero!







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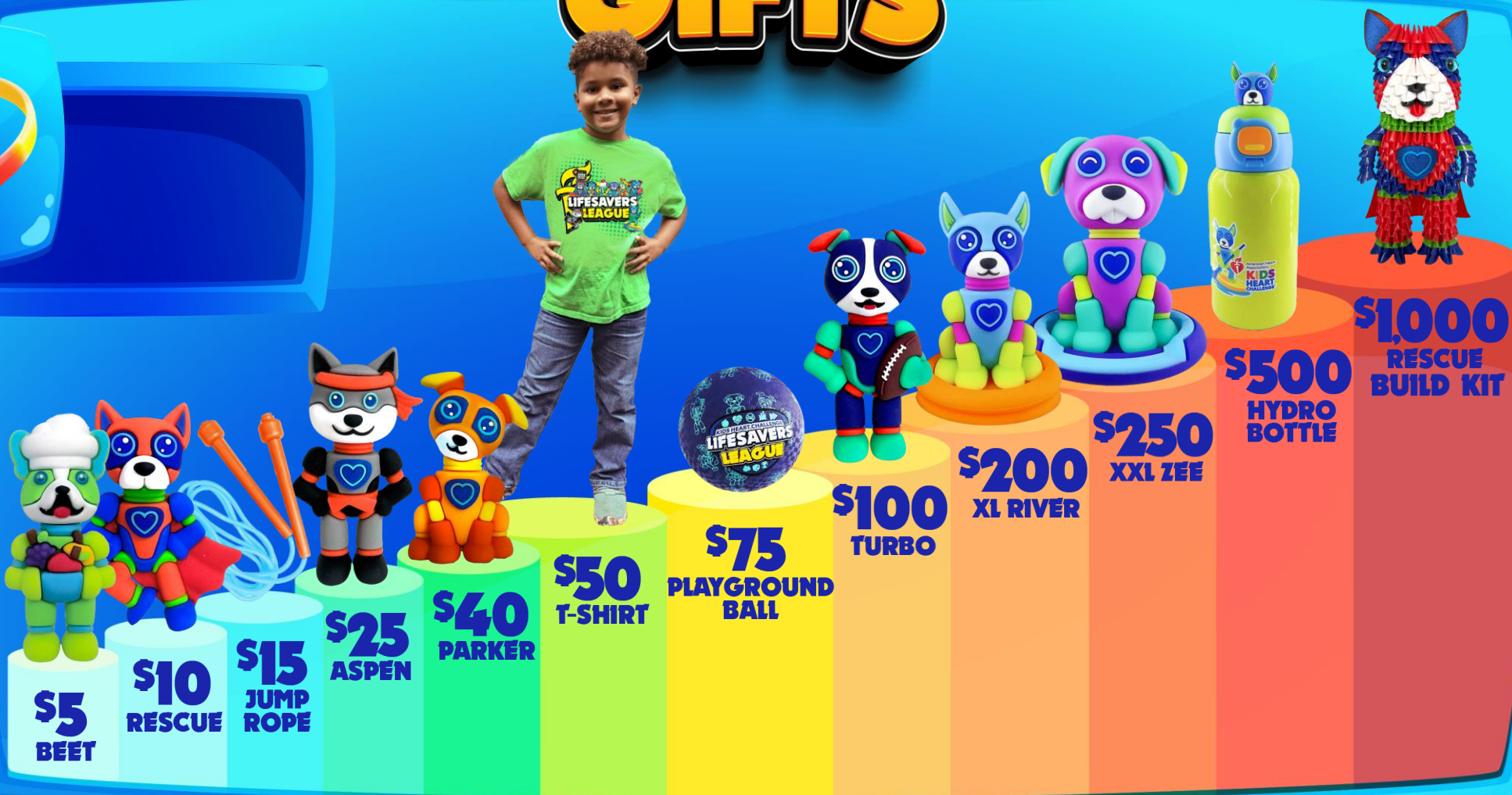




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THANK-YOU GIFTS






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SCHOOL GOAL:



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Lifesaving Donations
Due:

XX/XX/XXXX



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Complete Finn's Mission and
earn your cape!





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