



American Heart Association
AMERICAN HEART CHALLENGE™

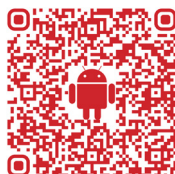
SMALL HEARTS WITH BIG CHALLENGES NEED OUR HELP

SIGN UP TODAY!

1 REGISTER



Download the free AHC app or register online at heart.org/AHC.



2 PERSONALIZE

Customize your page by uploading a photo and sharing why you're supporting the American Heart Association.



3 CHANGE LIVES



Send messages to raise funds and awareness for health equity, congenital heart defects, and to help end heart disease and stroke.



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HOW WILL YOU CHALLENGE YOURSELF?



GET YOUR ZZZs
Prioritize hitting the pillow.
Aim for 8-10 hours of sleep every night.



PAY IT FORWARD
Complete an act of kindness each day.



MOVE MORE
Be active for one hour per day for a physical and mental boost.

MAKE A DIFFERENCE AT **HEART.ORG/AHC**