



American Heart
Association®

**AMERICAN
HEART
CHALLENGE™**

MORNING ANNOUNCEMENTS

Three Weeks of Promotion

Join us on [DATE, TIME] for the American Heart Challenge [DETAILS OF PROGRAM]! Let's make a difference and save lives! Register online today at heart.org/AHC Optional: [AND RAISE \$X TO EARN ACCESS]

Here's today's health fact, brought to you by the American Heart Challenge:
READ ONE MESSAGE PER DAY

1. Did you know that pets are good for your health? Studies show that dog owners may live longer than non-dog owners. Pets help to manage anxiety, provide companionship and support, and they can help you be more active.
2. Your heart is not going to start itself! Bystanders who see someone having cardiac arrest only perform CPR 46% of the time. Immediate CPR can double or triple a person's chance of survival.
3. Did you know trying an e-cigarette just once is risky? Almost 20% of the people who try an e-cigarette one time become regular users.
4. Research has shown that helping others has mental wellness benefits, an important aspect of self-care. How can you help someone today?
5. If you have studying to do, or written material to learn, leave the fluorescent lights behind and read in the light of the blue sky overhead. Natural environments can enhance cognitive abilities, like memory and problem solving. So, if you want to retain more information for that big test, you might have a better shot surrounded by birds and trees, than fellow students.
6. There are two simple steps to saving a life with Hands-Only CPR that can help save a life: 1. Call 9-1-1 and 2. Push hard and fast in the center of the chest.

7. 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!
8. Optimism is associated with healthier living, including better sleep quality and a lower risk of cardiovascular disease and death from all causes.
9. Small hearts with big challenges need our help. Nearly 1 in 100 babies are born with a heart defect. Which is why your support of the American Heart Challenge is so important!
10. Did you know that one JUUL pod contains as much nicotine as a pack of 20 regular cigarettes? No tobacco product—including cigarettes, e-cigarettes, or vapes is safe. They are all linked to problems with attention, moods, learning and impulse control. They can damage your lungs and cardiovascular system. The only safe option is to stay away from all tobacco products.
11. Improve your sleep by tweaking some of your technology use. Outsmart your smart phone by trying this tip to help improve your sleep: Block it. Set your phone on “do not disturb” at night to block your notification from popping up and keeping you awake.
12. Try to practice affirmations regularly, which are positive phrases or statements, to challenge negative or unhelpful thoughts. These empowering mantras have profound effects on the conscious and unconscious mind.
13. Rethink your drink. That sugary morning coffee can affect your health. Studies show that kids consume enough sugary drinks each year to fill a bathtub. That’s more than 10 times the recommended amount!
14. Catching ZZZs could be the key to unlocking a healthier you. The amount and quality of sleep can influence your eating habits, mood, memory, internal organs, and more.
15. Being in [middle or high] school is hard! Did you know that positive self-talk can help you feel calm and control stress? With practice, you can learn to shift negative thoughts to positive ones. Try these, instead of "I can't do this." try "I'll do the best I can. I've got this." Or instead of "I have to do this." try "I get to do this."