



American Heart Association.

**KIDS  
HEART  
CHALLENGE™**

## GET STARTED WITH THE KIDS HEART CHALLENGE TODAY!

Mark Your Calendar:

Event Date:

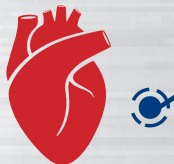
Envelope Due Date:



### REGISTER TODAY

Register online to earn our red KHC wristband with a secret message on it. Complete all of Finn's Missions to earn his exclusive yellow wristband and a secret message from Finn himself!

Use your decoder to solve the mystery messages.



### Did You Know?

Heart disease is the **No. 1** killer of all Americans, but **80%** of it may be preventable through lifestyle changes.

An estimated **40,000** babies are born each year with congenital heart defects.

# Homework with Heart

Dear Parent or Guardian,

By participating in **Kids Heart Challenge**, your student will raise funds to help kids with special hearts and make all communities healthier. They'll also learn about taking care of their own hearts and participate in cardio-pumping challenges. Plus, your school can have a chance to earn PE equipment and your child can earn fun thank-you gifts!

### Steps to get started:

- 1 REGISTER:** Download the **Kids Heart Challenge app** or visit [heart.org/KHC](http://heart.org/KHC).
- 2 PICK A CHALLENGE:** Your student takes a daily health challenge to **move more, be kind or choose water over sugary beverages**.
- 3 SET A GOAL:** Set a fundraising goal with your child and send emails, texts and social media messages to invite friends and family to support it.

### Hey, Kids! Explore your Heart Hero Headquarters.

- ➔ Use our **Kids Heart Challenge app** to bring our Heart Heroes to life using Augmented Reality!
- ➔ Personalize your fundraising page. With your parent's permission, add your photo and information about your daily health challenge and goals.
- ➔ See how much money you've raised and how close your school is to reaching its goal.
- ➔ See the badges you've earned and learn about the Heart Heroes.
- ➔ Track your progress on your daily challenge.
- ➔ Head over to Heartsville where you can play games, watch bonus videos about Heart Heroes and take on **Finn's Missions!**



**TO LEARN MORE ABOUT HOW TO REGISTER FOR KHC, DOWNLOAD THE KHC APP TO SCAN THE SPECIAL SYMBOL.**



#### New Name. New Mission.

Kids Heart Challenge is the American Heart Association's evolution of Jump Rope for Heart.\* Our renewed focus is on children's total wellness — including heart as well as social and emotional health.

\*Jump Rope for Heart was a joint program with SHAPE America.

© Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Kids Heart Challenge is a trademark of the AHA. Unauthorized use prohibited.