



American Heart  
Association.

**AMERICAN  
HEART  
CHALLENGE™**

**American Heart  
Challenge Student  
Digital Toolkit**









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**AMERICAN  
HEART  
CHALLENGE™**

# Sample Posts & Text



## Day before event

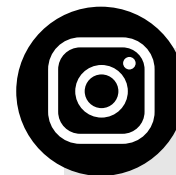
It's almost here, and I'm ready! I'm participating in honor of survivors like Jaeden who rely on funding and research. There is still time to show your big heart and support the American Heart Association, and me, with a donation!

[insert fundraising link]

## :UNačs6UčsnNxNar

I just participated in the American Heart Challenge to raise awareness for health equity and to raise funds for the mission of the American Heart Association. There's still time to give. Thank you to [tag donors] for supporting my efforts!

[insert fundraising link]



Don't forget to add your fundraising link to your bio on Instagram