



American Heart Association.

KIDS HEART CHALLENGE | **AMERICAN HEART CHALLENGE**

HEALTHY HEART, BRAIN & BODY



GET GOOD SLEEP

Aim for 10-11 hours of sleep every night to feel your best, strengthen your immune system, improve your memory and more!



AVOID VAPING & TOBACCO

Never smoke or vape so your lungs can grow healthy and strong.



LIMIT SUGARY DRINKS, CHOOSE WATER INSTEAD

On average, children consume more than 30 gallons of sugary drinks every year — enough to fill a bathtub!



DID YOU KNOW?

Benefits of getting good sleep include: more creativity, quicker reflexes, better ability to build muscle and improved mood and energy?

FUN FACT #1

Pets can help you feel less stressed, boost your mood and even help you get more exercise.

EAT FRUITS & VEGGIES

Add color to your plate with the 5 main color groups to get all the vitamins, minerals and nutrients you need.



FUN FACT #2

The avocado is actually a large berry and is sometimes called an alligator pear.