

ACTIVATE your HEART POWER!

The American Heart Association's Kids Heart Challenge and American Heart Challenge are fun and meaningful service-learning programs that empower students to build lifelong healthy habits, learn lifesaving skills, support their school community and make a difference for kids with special hearts.



STEP 1: SIGN UP TODAY!

Download the *Heart Schools* app or visit heart.org/schools to join your school.



STEP 2: COMPLETE YOUR CHALLENGE!

Follow all the steps in Finn's Mission and invite 10 family and friends to donate. Your family will also learn lifesaving skills, including how to call 911 in an emergency and how to B.E. F.A.S.T. when someone is having a stroke.

Say yes to more movement, more laughter and more family time! Join the NFL PLAY 60 Family Challenge and commit to 60 active minutes a day together. Just choose YES during registration.



The American Heart Association and the National Football League Foundation are working together to get youth physically active.

¡ACTIVE EL PODER de su CORAZÓN!



PASO 1:

**¡REGÍSTRESE
HOY MISMO!**

Descargue la aplicación Heart Schools o visite heart.org/schools para unir a su escuela.



PASO 2:

¡COMPLETE SU DESAFÍO!

Siga todos los pasos de la Misión de Finn e invite a 10 familiares y amigos a realizar una donación. Su familia también aprenderá habilidades que pueden salvar vidas, como llamar al 911 (o su número de emergencia local) en caso de emergencia y cómo aplicar el método R.Á.P.I.D.O. cuando alguien sufre un ataque o derrame cerebral.

¡Di sí a más movimiento, más risas y más tiempo en familia! Únete al Desafío Familiar NFL PLAY 60 y hagan el compromiso de mantenerse activos juntos durante 60 minutos al día. Solo selecciona "SÍ" durante el proceso de inscripción.



PLAY:60

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