



American Heart  
Association.  
**KIDS  
HEART  
CHALLENGE™**

# HEART HERO

## Adoption Certificate

*This certifies that*

*has officially adopted*

**WYNN**

*Avoiding vaping and tobacco keeps Wynn's lungs healthy and strong so soaring through the clean air is a breeze. Wynn is in it to win it!*



\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*



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# DAKOTA

*Dakota loves to swim, and paddles away every day to stay healthy. Find something active you like to do each day so you can stay strong and feel great, too!*



\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



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# WYLIE & BINGO

*Did you know that doing nice things for others can make you feel good, too? Wylie and Bingo know that! So they spread kindness wherever they go.*



\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*



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**ACE**

*Ace is leading the flock to make sure all ducks learn Hands-Only CPR. You and your friends can learn it, too, and be ready to save a life!*



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Signature

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Date



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# RAIN

*Rain and other ducks need plenty of water — not just to swim in, but to be healthy from their bills to their tail feathers. Drinking water helps keep your whole body healthy, too!*



\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



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# PEPPER

*Pepper loves color and adds delicious fresh fruits and veggies to every meal. These colorful feasts give boosts of flavor, energy and fun!*



\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



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# RILEY

*Riley snoozes while floating in the pond and — like all ducks — can even catch some ZZZs while flying! Riley knows you'll feel your best too if you get plenty of sleep every day.*



\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*