



American Heart Association.

**KIDS
HEART
CHALLENGE™**

AVOID VAPING/TOBACCO



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!



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CHOOSE WATER



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!



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MOVE MORE



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!



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ADD COLOR



PEPPER

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



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SLEEP MORE



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.



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BE KIND



WYLIE & BINGO

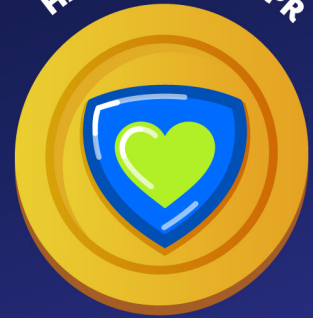
Did you know that doing nice things for others can make you feel good, too? Wylie and Bingo know that! So they spread kindness wherever they go.



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HANDS-ONLY CPR



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!