



American Heart Association.

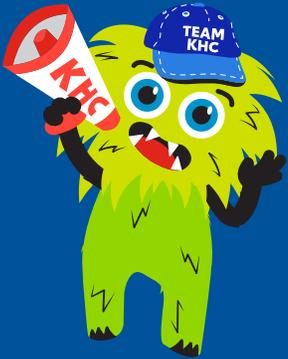
**KIDS  
HEART  
CHALLENGE™**

JUMP ON BOARD AND MEET THE

# HEART HEROES

## Captain

Captain is our Road Trip guide. Captain knows all the fun facts and places to stop in every state.



Captain has fun Pit Stops planned for everyone – sometimes a special guest appears and other times the whole group joins in on a fun activity or team challenge to unlock more fun. Captain is organized and always puts safety first.

KINDNESS

## AMOR & MAX



Amor has a super kind heart. Amor feels great when they tell others how great they are! Amor keeps a gratitude journal so they can start and end each day taking a moment to notice and write down the good things from the day or night before. A dog is Max. Max is a therapy dog! Amor and Max visit kids with special hearts – Max is a great companion who helps everyone feel good when they're around him.

LEADERSHIP

## LEE

Lee helps others come together to accomplish shared goals or solve problems. Lee is a great listener and respects others. Lee always tries to be fair – and never allows bullying.



WATER

## BANKS

Banks seriously loves water. Water is an important part of Banks's life. Banks always drinks lots of water every day to help their body be its best. Banks cares about the environment and not wasting our water resources. They don't leave



the water running while brushing their teeth. And they carry a reusable water bottle so they don't throw plastic water bottles away. Never without their Finn floaty, Banks is always ready to jump in on fun – and in water! Banks is laid back and breezy.

ACTIVITY

## FLASH



Flash is always on the move. Flash enjoys soccer, tennis and walking with friends. When Flash gets active, they feel better – in their body and in their mind. Sometimes when Flash feels stressed or worried, they go for a walk or dance around their room a bit. That always makes them feel a little better. Flash always gives their best effort at everything they do.

TEAMWORK

## CREW

Crew loves being part of a team! Crew likes to hear what others on a team think and learn what things they want to do on the team. Crew knows sometimes being a great team member is about helping cheer on the rest of your team!



NO TOBACCO OR VAPING

## SKY

Sky wants everyone to say NO to tobacco and vaping. Sky cares about clean lungs – and clean air. Avoiding tobacco and vaping helps them breathe and fuel their body with oxygen. Sky has a black belt in martial arts and wants to use their skills to protect people by defeating tobacco!

