



American Heart Association.

KIDS HEART CHALLENGE™

ACTIVATE
your **HEART**
POWER!

¡ACTIVE EL PODER DE SU CORAZÓN!

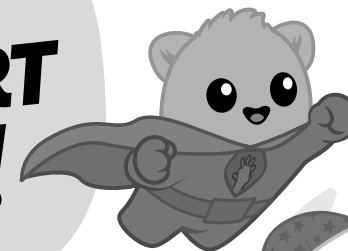
Move More!



Food is Fuel!



**Be a Leader,
Be Kind!**



**Be a Lifesaver,
Call 911!**



Sleep More!



Avoid Vaping & Tobacco!



Kids Heart Challenge is a fun and meaningful way for your student to build lifelong healthy habits, learn lifesaving skills and support your school community while helping kids with special hearts.



STEP 1:
SIGN UP TODAY!

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

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



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.

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.



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.



PLAY:60

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

**SIGN UP ONLINE TO
EARN YOUR STAMP PAL**



**EARN THE GIFT AT EACH LEVEL
PLUS ALL LOWER LEVELS**

INSCRÍBASE EN LÍNEA PARA GANAR SU SELLO PAL

GAÑE EL REGALO DE CADA NIVEL, ADÉMÁS DE TODOS LOS DE NIVELES INFERIORES



Please note, instant gifts are denoted; others are post-event gifts and will be delivered to the school 4-6 weeks after the program closes.

SIGNING UP MULTIPLE STUDENTS?

Create an account for each student with the same parent email but different usernames.

¿VA A INSCRIBIR A VARIOS ESTUDIANTES? Cree una cuenta para cada estudiante con el mismo correo electrónico del padre o la madre, pero con nombres de usuario diferentes.

HAVE A MATCHING GIFT?

Send your matching gift confirmation (email/ photo/ screen grab) to matchinggifts@heart.org.

¿TIENE UNA DONACIÓN EQUIVALENTE? Envíe la confirmación de su donación equivalente (correo electrónico, fotografía o captura de pantalla) a matchinggifts@heart.org.