



American Heart Association®

**KIDS
HEART
CHALLENGE™**

**AMERICAN
HEART
CHALLENGE™**

Heart Hero



Bodhi

Survivor, Grade 2

Bodhi's heart journey began at the age of 1 when he was diagnosed with congenital heart defects, including a hole in his heart. At age 3, Bodhi had open-heart surgery. With support from his doctors and medical treatments — including the ones the American Heart Association helps make possible — he made a quick recovery and now lives an active life.

Bodhi keeps his heart healthy by practicing karate and dance, staying hydrated, eating well and getting quality sleep. He wants others to know that by getting involved with the Kids Heart Challenge/American Heart Challenge, you're helping kids like him live longer, healthier lives.

The **Kids Heart Challenge** and **American Heart Challenge** funds research that helps kids have longer and stronger lives. Your support helps families have hope and for that they are so grateful.

Together, we are creating a world of longer, healthier lives.