



American Heart Association®

**KIDS
HEART
CHALLENGE™**

**AMERICAN
HEART
CHALLENGE™**

Heart Hero



Karli

Advocate, Grade 4

Karli was inspired to support the American Heart Association after her dad passed away from heart disease in 2024 at 44 years old. Losing him was really hard because they were so close, and Karli still misses him every day. She wants to learn more about how to live a heart-healthy life so she can teach others how to do the same.

Karli makes sure to take care of her heart by eating fruit, jumping rope and running. She plans to share what she learns through the Kids Heart Challenge/American Heart Challenge with her friends to help them understand the importance of heart health so they and their family members can 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.