



American Heart Association®

**KIDS
HEART
CHALLENGE™**

**AMERICAN
HEART
CHALLENGE™**



Anabel

Advocate, Grade 6

Anabel was inspired to care about heart health by her great-grandfather, who was diagnosed with heart problems when she was very young. She watched him go through many appointments as his health got worse, before eventually losing him. Her great-grandmother was also diagnosed with heart issues and continues to fight every day.

Anabel takes care of her heart by eating nutritious foods and staying active through basketball, softball, cheerleading and swimming. When she grows up, Anabel wants to be a 911 operator so she can help people. She also hopes to work with babies and young children as a physical therapist assistant to help them grow and learn.

Through Kids Heart Challenge/American Heart Challenge, Anabel wants others to know that the American Heart Association saves lives and that supporting the cause makes a difference for families everywhere.

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.