



American Heart Association®

**KIDS
HEART
CHALLENGE™**

**AMERICAN
HEART
CHALLENGE™**



Dallas

Survivor, Grade 2

Dallas was born 10 weeks early, and his heart stopped during delivery. Doctors acted quickly to save him. Along with other medical challenges, Dallas had two heart defects that caused small holes in his heart. Doctors now monitor his heart closely to keep him healthy.

While Dallas can't play contact sports like football, he finds fun ways to stay active playing outside with his siblings and eats plenty of fruits and vegetables to stay strong. By sharing his story through Kids Heart Challenge/American Heart Challenge, Dallas wants other kids to learn about heart health and taking care of their bodies.

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.