



American Heart Association®

**KIDS
HEART
CHALLENGE™**

**AMERICAN
HEART
CHALLENGE™**



Enoch

Advocate, Grade 12

Heart disease has affected Enoch's family for many years. His grandfather and uncle both died from heart attacks, and now Enoch watches his dad work to keep his heart healthy. This makes Enoch want to break the cycle.

Enoch stays active by lifting weights, doing cardio and playing sports. He dreams of becoming a cardiothoracic surgeon so he can fix heart problems with his own hands. Through Kids Heart Challenge/American Heart Challenge, Enoch wants to help the American Heart Association reach more young people and make sure everyone has the knowledge and resources to take care of their hearts, regardless of their background.

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.