



American Heart Association®

**KIDS
HEART
CHALLENGE™**

**AMERICAN
HEART
CHALLENGE™**



Hope

Survivor, Grade 11

Hope was born with a ventricular septal defect, which is a hole in the lower part of her heart. When she was younger, she couldn't always keep up with other kids, which was hard for her to understand. Since then, she has had open-heart surgery to fix her heart.

Today, Hope feels strong and healthy. She takes care of her health by staying active through soccer and volleyball and by eating nutritious foods. Hope is proud to be part of Kids Heart Challenge/American Heart Challenge and encourages others to take care of their hearts too. She even dreams of becoming a doctor one day. By sharing her story, Hope wants to help the American Heart Association raise awareness and support lifesaving research and care.

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.