



American Heart Association®

**KIDS  
HEART  
CHALLENGE™**

**AMERICAN  
HEART  
CHALLENGE™**



# Zavian

## Advocate, Grade 6

Zavian cares about heart health because both of his grandfathers had heart attacks. Seeing how it affected his family made him want to help other families learn how to keep their hearts healthy, so the same thing doesn't happen to them.

Zavian keeps his own heart healthy by staying active by playing baseball, riding his bike and running. He dreams of becoming a firefighter one day and helping people when they need it most. Through Kids Heart Challenge/American Heart Challenge, Zavian is already making a difference by teaching others how to take care of their hearts and supporting the American Heart Association.

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.**