

10 Day “Virtual” Heart Healthy Challenge!! Challenge Starts Monday, April 20th!!

Dear Parent/Guardian,

It’s time for the **10 Day “Virtual” Heart Healthy Challenge!!** Did you know that heart disease is the leading cause of death for all Americans, and up to 80% of it may be preventable through lifestyle changes? The **10 Day “Virtual” Heart Healthy Challenge** is an interactive program helping students & families remain active while learning virtually.



KIDS HEART CHALLENGE VIRTUAL
10-day Program Helping Students Remain Active While Learning Home

Day 1	Day 2	Day 3	Day 4	Day 5
Everybody Dance Now	Know Your Heart	Finn's Missions	Jump Around	Connect the Dots
Day 6	Day 7	Day 8	Day 9	Day 10
Think FAST	Heart-Healthy Meals	Game Day	Playing with Gratitude	25 Ways to Move

- + Daily physical activity challenge!
- + Daily act of kindness challenge!
- > Activities for the entire family
- > Access from KHC Headquarters
- > Provides added value for schools with events in progress or those in need to convert

As part of the **10 Day “Virtual” Heart Healthy Challenge**, families will receive a daily 30 minute physical activity challenge, take part in the “**kindness challenge**” and receive daily suggestions for activities to complete as a family. As part of Finn’s Mission, families will also learn the warning signs of stroke, hands-only CPR and much more!! We encourage you and your family to share your progress on the Kids Heart Challenge Facebook and Instagram pages too!!

We hope you enjoy the **10 Day “Virtual” Heart Healthy Challenge** and thanks to our partners at the **American Heart Association** for joining together with us to share this challenge with you. Stay active and well.

Sincerely,
Physical Education Department
Niagara Falls City School District