



REGISTER TODAY

VISIT KHC NOW!

Join in the challenge by visiting heart.org/KHC or download the Kids Heart Challenge app.



Download on the
App Store



Get it on
Google play

TODAY'S CHALLENGES

PHYSICAL CHALLENGE

March up and down the stairs once an hour, or walk to a farther restroom at home to stay moving!

KINDNESS CHALLENGE

Call someone you love and wish them well today – be empathetic of what is on their mind.

FINN'S MISSION

VISIT KHC NOW!

Finn has set a goal of having 100,000 complete Finn's Mission which teaches you skills such as hands-only CPR, warning signs of stroke and much more.

[View Finn's Story](#)



Hello, Heart Hero!

How can you help connect the dots between being active and healthy behavior with your family and friends?

On day five, we encourage you to think about ways to inspire your loved ones to include healthy activities in their daily routine. This could be a family step

challenge, setting a timer that would prompt when it is time to stand, stretch, or walk, climb a set of stairs, garden, or creating an in-home circuit exercise routine.

By setting a daily goal and working towards it, you are participating in a nationwide health movement that is bigger than you are! If everyone put a focus on their daily health goals then imagine how healthy our community would be. It is cool to be leading healthy lifestyle changes as a kid. We think it is pretty amazing and are proud of you!

It is important for both parents and kids to know that health is something you work at every day.

MAKING A POSITIVE IMPACT

The American Heart Association is informing hospitals and communities on ways to safely and effectively administer CPR during the coronavirus pandemic. While attention is on COVID-19, the fact remains that more than 366,000 people in the United States will suffer an out-of-hospital cardiac arrest this year. Supporting nearly 400,000 CPR Training Network instructors, we have established interim guidance, resources for any continued in-person training given social distancing, and we are extending provider and instructor cards.

These actions help provide flexibility for health care professionals unable to update their certification, not only due to risk of the coronavirus, but also because they are being called to work the front lines to save lives.

"There is no exercise better for the heart than reaching down and lifting people up." – **John Andrew Holmes, Author**

MAKE AN IMPACT

It's important to be safe, careful and informed during the COVID-19 pandemic – and to keep your health in mind. [Visit our website](#) for helpful information from the American Heart Association as well as other trustworthy sources.

WATCH TODAY'S MESSAGE FROM ALEXA

Each day Alexa has a video message for you. Follow the link below to watch today's message!



WATCH VIDEO

KICK CABIN FEVER FEATURES

Featured Video



[A World Free of Cardiac Arrest](#)

Today's Activity



[Family Tree Activity](#)

Tasty Recipes



[Slow Cooker Barbeque Chicken](#)
[Frozen Yogurt Pops](#)

Tip of the Day



[Take Action to Control Stress](#)

SHARE! SHARE! SHARE!

Did your family do any activities today that you enjoyed?

If so, share what you did with your friends and family. It's sure to inspire them to also be active and live a healthy lifestyle!

Be sure to use the hashtag #kidsheartchallenge when you do.



FOLLOW US:



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