



REGISTER TODAY

VISIT KHC NOW!

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



TODAY'S CHALLENGES

PHYSICAL CHALLENGE

Need an energizing break?

Stand up and do some basic strength and balance exercises!

KINDNESS CHALLENGE

Set up a group video chat with your family and give them ideas on what you're doing at home.

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](#)



Hi everyone – I hope you and your family are enjoying the virtual challenge and we want to say **THANK YOU WITH ALL OF OUR HEART!**

To celebrate your inspiring participation, we encourage you to cook yourselves a fantastically festive dinner!

In the spirit of the family-focused virtual challenge, consider making this a family affair and trying out a [new heart-healthy recipe](#).

And in the spirit of sharing (especially photos of food!), consider posting a picture of your cuisine for your Kids Heart Challenge community to see and celebrate.

Quick reminder to include the hashtags #kidsheartchallenge and #hearthealthy!

It is never too late to learn a new recipe or a new skill in the kitchen! We can't wait to see your delicious creations!

Looking for more fun? [Check out the fruit and veggie toolkit for kids!](#)

MAKING A POSITIVE IMPACT

The American Heart Association is leading the conversation about the coronavirus and how it affects at-risk patients by monitoring and convening experts as needed to ensure timely and accurate dissemination of the latest evidence. We will continue to collaborate with national and global health colleagues to address clinical care issues as they arise for people with cardiovascular disease. In addition, the Association's family of 12 scientific journals is publishing the latest research related to COVID-19 and cardiovascular disease to help scientists and clinicians from around the world. Our science volunteers are producing statements that provide direction and support to health care providers and researchers as they seek to prevent the virus and care for patients, while working to find cures.

"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us." – **Flora Edwards,**
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



[Alexa's Story](#)

Today's Activities



[Get Cooking!](#)
[Fruit and Veggie Toolkit for Kids](#)

Tasty Recipes

Tip of the Day



[Avocado Pesto Dip](#)
[Raspberry Lemonade Slushy](#)



[How to Sneak in More Vegetables](#)
[Fresh, Frozen and Canned Can All Be Healthy](#)

SHARE! SHARE! SHARE!

Show us your food pictures!

Don't keep those delicious photos all to yourself! Share what you made together as a family on social media, and be sure to use the hashtags #kidsheartchallenge and #hearthealthy when you do.



FOLLOW US:



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