



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

Choose a room in your home and do lunges from one side to the other.

KINDNESS CHALLENGE

Think of someone who makes your day and send them a thank you text with your favorite emoji.

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 there, Heart Hero!

Wow, you are so close to completing the virtual challenge!

While you haven't been able to shoot hoops with friends, we want to congratulate you on the *slam dunks* you have made this week!

Your family should feel proud of your efforts to keep moving, learn hands-only CPR and the warning signs of a stroke, all while spending quality time together!

And speaking of quality time, sit in a circle as a family, pass a ball or favorite toy around and share what you are grateful for and what you have learned during the challenge!

If you'd like to share special memories with your Kids Heart Challenge community, use the hashtags #kidsheartchallenge and #grateful.

MAKING A POSITIVE IMPACT

The American Heart Association is providing businesses with essential resources to help their employees stay healthy and active. As more people are working from home, the American Heart Association is quickly adapting to meet the ever-changing needs of the workforce. These resources include a library of materials that encourage physical activity while working from home, stress management and healthy cooking recipes with shelf-stable foods. For companies participating in our Workplace Health program, My Life Check home test kits are available for employees to participate in health screenings, and employees can continue to participate in their digital coaching program.

"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give."

– **Eleanor Roosevelt, Former First Lady**

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



[Meet our Heart Hero Survivor](#)

Today's Activity



[Tips to Keep Your Whole Family Active](#)

Tasty Recipes



[Sweet and Sour Chicken](#)
[Southern Cornbread](#)

Tip of the Day



[Meditation](#)

SHARE! SHARE! SHARE!

What are you grateful for?

During your activity passing around an object, what did you share that you are most grateful for? Share your gratitude on social media today, and be sure to use the hashtags #kidsheartchallenge and #grateful when you do.



FOLLOW US:



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