



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.

Hello, Heart Hero!

How can you help connect the dots between being active and healthy behavior for 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 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 than 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

Did you know that the American Heart Association depends on more than 40 million volunteers and supporters to advance the mission to be a relentless force for a world of longer, healthier lives?

Don't let school closures and cabin fever keep you from reaching your goal and helping kids with special hearts. We need you now more than ever before to keep hearts healthy. So please, keep fundraising!

Thank you for your hard work!

KEEP FUNDRAISING

KICK CABIN FEVER FEATURES

Featured Video

Today's Activities



[Sophie Character Story](#)



[Homework with Heart](#)

Tasty Recipes



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

Tips of the Day



[How to Boost Willpower](#)

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.

