

Day 6 –Think Fast



TODAY'S CHALLENGES

PHYSICAL CHALLENGE

Did you know that walking briskly can help your health as much as running?

Get outside for a power walk!

KINDNESS CHALLENGE

Show some kindness to your family!

Offer to help someone at home with one of their daily tasks today.

Hello, Heart Hero!

You're over halfway there! Day 6 of the Kids Heart Challenge Virtual is all about kids learning,

information for your family and your community.

Thank you for learning the steps of [Hands-Only CPR!](#)

Today we will focus on [recognizing the warning signs of a stroke.](#)

Knowing the warning signs of a stroke is not only important it is easy to remember – [FAST!](#)

F: FACE DROOPING: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

A: ARM WEAKNESS: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S: SPEECH: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

T: TIME TO CALL 9-11: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

FAST is important knowledge to share with your friends and family – please spread the message today and remind 10 of your friends or family members that your child's Kids Heart Challenge goal could use some support!

MAKING A POSITIVE IMPACT

Did you know that the American Heart Association has funded 14 Nobel Prize winners? That wouldn't be possible without the support of generous donors and the hard work of fundraisers, just like you.

Uncertain times call for hearts to be courageous! And we still need your courageous heart to help save lives! Please, keep working hard to reach your fundraising goal. You are making a positive impact!

Thank you for raising funds to support lifesaving research.

KEEP FUNDRAISING

KICK CABIN FEVER FEATURES

Featured Video



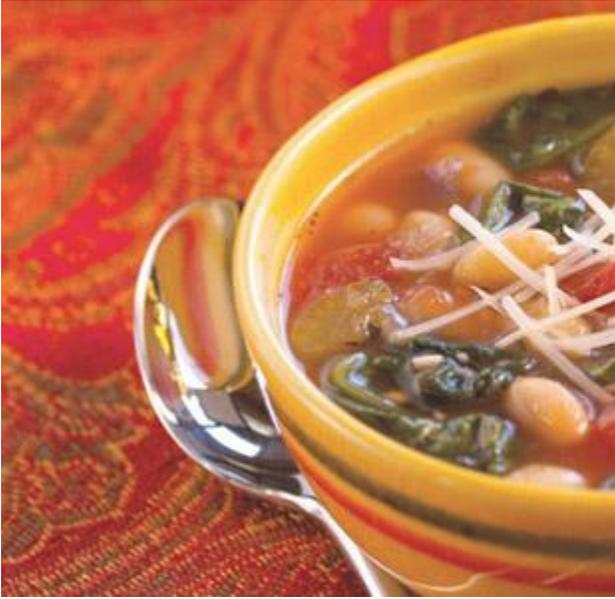
[Kids Heart Challenge Main Program](#)

Today's Activities



[Wacky Word Games](#)

Tasty Recipes



[Peanut Butter Banana Protein Bars](#)
[Tuscan Bean Soup](#)

Tips of the Day



[Better Your Sleep Routine](#)

SHARE! SHARE! SHARE!

Have you shared F.A.S.T. with your friends and family yet?

It's important that everyone knows the warning signs of a stroke. Share F.A.S.T. now on social media, and be sure to use the hashtag #kidsheartchallenge when you do.

