

Day 7



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.

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

Did you know that since 1949 the American Heart Association has funded more than **\$4.5 billion** in research? Wow!

Thank you for joining the donors and fundraisers who have raised support for lifesaving research for more than seven decades!

In a world of uncertainty, the mission to defeat heart disease and stroke continues, and we still need your help. Thank you for fundraising to continue the advance of lifesaving research.

KEEP FUNDRAISING

KICK CABIN FEVER FEATURES

Featured Video



[Alexa's Story](#)

Today's Activities



[Get Cooking!](#)

Tasty Recipes

Tips 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.

