

# DAY 8



## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

Schedule physical activity time on your work calendar today – and treat it like an important appointment.

### KINDNESS CHALLENGE

Forget #FOMO Choose #JOMO (joy of missing out). Now is the time for quality family time – enjoy it!

Hi, Heart Hero!

Today's Kids Heart Challenge Virtual activity is Game Day. Think of fun ways to bring games indoors such as HIDE AND GO SEEK or a lively game of musical chairs.

When was the last time your family played hide and go seek? Here is the catch! You only have 10 seconds to run to your hiding spot. The goal is to keep your heart pumping during the game.

After your fun family game time, take a few minutes to spread the word on social media about how great it felt to #movemore! Remind your friends that #kidsheartchallenge is still well underway and give them the information to support your child's goal.

Thank you from your friends at the American Heart Association

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## MAKING A POSITIVE IMPACT

A big part of what the American Heart Association does directly affects kids in schools. And while schools might be closed right now, the work to ensure every child has a healthy meal continues.

In fact, did you know that more than 30 million kids eat school lunch and more than 14 million eat school breakfast as a result of the collaboration efforts of the American Heart Association and the USDA and other organizations?

**Thank you for continuing to fundraise, helping ensure kids everywhere can have healthy school meals.**

**KEEP FUNDRAISING**

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## KICK CABIN FEVER FEATURES

**Featured Video**



[Crush Character Video](#)

**Today's Activities**



[Heart Hero Puppets](#)

**Tasty Recipes**



[Raspberry Chocolate Mini Macaroons](#)  
[Turkey Sliders](#)

**Tips of the Day**



[Fight Stress with Healthy Habits](#)

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## SHARE! SHARE! SHARE!

**Share how it felt to #movemore as a family!**

We hope you had a great time playing hide-and-go-seek. Way to go! Share how it made you feel to have fun as a family while moving more, and be sure to use the hashtags #kidsheartchallenge and #movemore when you do.

