



Homework with Heart

Dear Parent or Guardian,

By participating in **Kids Heart Challenge**, your child will raise funds to help kids with special hearts and make all communities healthier. They'll also learn about taking care of their hearts and join in cardio-pumping challenges. Plus, your school can earn money for PE equipment and your child can earn fun thank-you gifts!

Steps to get started:

- 1 Download the **Kids Heart Challenge APP** or visit heart.org/KidsHeartChallenge to register.
- 2 Ask your child to select a personal health challenge:

**Move More**

**Be Kind**

**Be Ready**
- 3 Set a fundraising goal with your child and send emails to invite friends and family to support it.

Explore your Heart Hero Headquarters.

- ♥ Use our Kids Heart Challenge app to bring our Heart Heroes to life using Augmented Reality!
- ♥ Personalize your fundraising page with photos and by sharing why heart health is important to you!
- ♥ Watch your and your school's progress in reaching fundraising goals.
- ♥ Track your progress on your daily challenge.
- ♥ Play games, take Finn's challenge and watch bonus videos on our Heart Heroes.

New Name. New Mission.

Kids Heart Challenge is the American Heart Association's evolution of Jump Rope for Heart.* Our renewed focus is on children's total wellness — including heart as well as social and emotional health.

*Jump Rope for Heart was a joint program with SHAPE America.

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Make your heart happy and help people with sick hearts. Get started with the **Kids Heart Challenge** today!

Event Date

Envelope Due Date

Sign Up!

Download the **Kids Heart Challenge APP** or visit heart.org/KidsHeartChallenge



Register online to get your **FREE wristband!**



Earn & attach characters!

Take on Finn's Missions to earn badges online.

Complete them all to get the Finn character for your wristband!



Did You Know?

HEART DISEASE is the **NO. 1 KILLER** of all Americans, but **80%** of it may be preventable through lifestyle changes.

An estimated **40,000** babies are born each year with congenital heart defects.