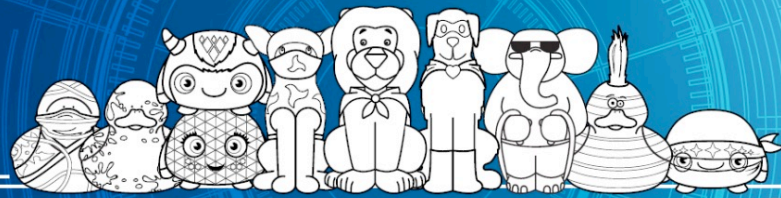


Mission 1: Visit <http://www2.heart.org/goto/santarosadelima>

Mission 2: Choose to move more, be kind, or choose water over sugary beverages

Mission 3: Send out messages to family and friends



HEART HEROES

COLOR IN YOUR HEART HEROES AS YOU COLLECT ALL 10!

1 REGISTER



Download the Kids Heart Challenge app or go to heart.org/KHC.

2 TAKE THE CHALLENGES

- Choose a student health challenge.
- Join the Family Move More Challenge.

3 COLLECT & EARN

Collect donations and earn thank-you gifts and online badges.



Did You Know?

Kids who are regularly active have a better chance of a healthy adulthood.

It's time for the Kids Heart Challenge!

Our goal is to establish physical and emotional heart-healthy habits in your student NOW to provide the foundation for a healthy and successful future!

Your child will:

- 1 Take a personal health challenge to **move more, be kind** or **choose water over sugary beverages**.
- 2 Learn how to take care of their heart and emotional health.
- 3 Raise funds to help kids - and all people - with special hearts and have a chance to earn PE equipment for their school.

DONATIONS HELP KIDS LIKE FINN!

Finn, age 6, Virginia

Finn was born with multiple heart defects and spent the first eight months of his life in the hospital. Finn has had 14 heart surgeries and last year underwent a customized procedure to correct his special heart anatomy and give him the gift of life. Today, an energetic Finn loves to have fun.



HEART HERO

EARN MYSTERY CHARACTERS!

For every \$5 your student raises they will receive a mystery heart hero character. Raise \$50 and earn all 10! Each hero comes with a carabiner clip to make it easy to proudly display them on your student's backpack, bag or lanyard.



TO LEARN MORE ABOUT HOW TO REGISTER FOR KHC, DOWNLOAD THE KHC APP TO SCAN THE SPECIAL SYMBOL.

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