

American Heart Challenge Virtual Resources and Engagement

Join the American Heart Challenge from Home!

American Heart Challenge Virtual “Kick Cabin Fever to the Curb” is a 10-day interactive program helping students remain active while learning virtually. Schools are encouraged to kick off the challenge with a virtual assembly and registered students will receive daily challenges and activities to do as a family. The challenge is free to all participants and allows students to focus on staying heart-healthy through physical activity, cooking nutritious meals and improving their mental health. Participants also can choose to further their support of the AHA through personal donations and asking friends and family to donate.

The program will include:

- Virtual or pre-recorded video assembly for each school implemented by AHA staff, Principal and/or Coordinator
- An email for the Principal/Coordinator to send to all students and families to sign up for the 10-day challenge
- 10-day email series that includes videos about American Heart Challenge, fun heart healthy tips, family activities while indoors and social media activities
- An opportunity to earn community service hours
- Messages that parents and kids can share on social media
- Celebration Day upon completion of challenge

Contact your local Youth Market Director or email easternstates.youthmarket@heart.org to sign up for Kids Heart Challenge Virtual today!

Day 1 Everybody Dance Now 	Day 2 Quit Lying 	Day 3 What’s your why? 	Day 4 Kindness 	Day 5 Take it Outside 
Day 6 Heart-Healthy Meals 	Day 7 Sleep Better 	Day 8 Water, Water Everywhere 	Day 9 Community Matters 	Day 10 Gratitude 