



## TODAY'S CHALLENGES

### DAILY ACTIVITY

Get your heart pumping by learning the [Intermediate](#) or the [Advanced](#) dance routines!

### MINDFUL MOMENT

Notice the joy to be found in the simple things of life.

Welcome to your first day of American Heart Challenge Virtual! We are so happy to have you! You're joining students across the country in this exciting 10-day journey!

**Today's theme is DANCE!**

To avoid potential stir-crazy chaos during school closures, you will receive heart-healthy activities, recipes, tips and inspiring stories as a part of the American Heart Challenge's *Kick Cabin Fever to the Curb*. We are excited to share these daily resources to help you stay physically and emotionally well.

So, let's get this dance party started – a great way to keep blood pumping and energy levels high. Not to mention a fun and easy way to get your heart pumping!

Today, take a moment to learn one of the videos below, record your dance moves and post to social media with the hashtag #AmericanHeartChallenge and #AmericanHeartAssociation.

The instructional videos are available below. We can't wait to see your dance moves!



[Jazz Routine](#)

[Hip Hop Routine](#)

## MAKING A POSITIVE IMPACT

We know that right now times are uncertain. But we are still working hard to find new treatments for heart disease and stroke. And we need you now more than ever before.

Your hard work is funding research that saves lives. Over the past 50 years, people with

big hearts like yours has helped reduce the number of people dying from cardiovascular disease by more than 70%.

**Thank you for raising lifesaving funds!**

**KEEP FUNDRAISING**

## KICK CABIN FEVER FEATURES

### Featured Video



[Heart Hero Dance Party](#)

### Tasty Recipes



[Berry Nuts Granola Bars](#)  
[Homestyle Chicken Noodle Soup](#)

## SHARE! SHARE! SHARE!

Show off those dance moves! Make sure to share the photos and videos you take today.

