



TODAY'S CHALLENGES

DAILY ACTIVITY

Reach out to 5 friend and family and learn their connection to heart disease or stroke. You might just be surprised to learn how they have personally been affected by heart disease – the number one killer in the world.

MINDFUL MINUTE

Appreciate your hands, and all the things they enable you to do

We understand that almost everyone out there has a personal connection to heart disease or stroke. This means that most people have a parent or other family member, teacher, or friend who has a link to heart disease or stroke.

Today is the day to discuss your WHY and your connection to heart disease.

Watch Laney's story to learn more about how heart disease can affect you and use this opportunity to educate your friends and family. Remind them to support your fundraising goal against the #1 killer in the world.

MAKING A POSITIVE IMPACT

Even during these uncertain times, kids with special hearts are born congenital heart disease every day, including today, and need us to continue raising funds to discover new treatments.

Since 1999, congenital heart disease mortality rates have dropped by 52.3%, thanks to generous donors and Heart Hero fundraisers just like you.

Thank you for continuing to raise funds to save lives!

KEEP FUNDRAISING

KICK CABIN FEVER FEATURES

Featured Video

Tasty Recipes



[Chunky Marinara with Pasta](#)
[Tropical Fruit Smoothie](#)

[Watch Laney's Story](#)

SHARE! SHARE! SHARE!

What connection do you have to heart disease or stroke?

Make a video and share what you learned about from your friends and family about how heart disease or stroke has affected your life and use the hashtags
[#americanheartchallenge](#) [#myheartstory](#).

And don't forget to ask for people to support your fundraiser to help defeat heart disease and stroke.

