



## Get ready for the American Heart Challenge! Event/Donation Due Date: February 25<sup>th</sup> – 26<sup>th</sup>.

Dear Parent/Guardian,

Our school is proud to partner with the American Heart Association again this year for an **American Heart Challenge** event! Our students will have the opportunity to participate in a variety of games such as 4 Square, Ladder Ball, Cornhole, Spike ball, Jump Rope and Basketball shooting competitions.

We promise to get everyone's heart pumping as well as teach students about the importance of developing heart healthy habits now which can become a foundation for the rest of his/her life. **Although heart disease is the No.1 killer of all Americans, 80% of it may be preventable through lifestyle changes.** Your child will also feel good about participating in a service learning project that will help the American Heart Association fund research, advocacy and education initiatives that save lives in our community. In addition, our school can earn money for PE equipment and your child earns fun prizes that encourage him/her to keep up the good work for heart health.

To register for the American Heart Challenge, visit [heart.org/americanheartchallenge](http://heart.org/americanheartchallenge) or download the mobile app by searching "American Heart Challenge" in your app store. Once registered, students can begin reaching out to friends and family via email, text or social media to ask for support.

I hope you are as excited as we are to support our students in this important experience. **The PE Department**

**PLEASE NOTE:**

- Online Donations Only w/ the exception of event day \$1 donations.
- Ask donors if their employers match employees' contributions! [Matchinggifts.com/aha](http://Matchinggifts.com/aha)
- Donations due by Feb 26<sup>th</sup>

### Register ONLINE Today!

Step 1: Go to [heart.org/americanheartchallenge](http://heart.org/americanheartchallenge)



Step 2: Find your school

Step 3: Choose new or returning participant and input your info! If you're new, fill out the form to set up your account. If you're returning, enter your user name and password and update your info. *Be sure your username and password are easy to remember.*

Step 4: Customize your personal fundraising page

Step 5: Kick things off with a personal donation

Step 5: Send emails asking for donations

Step 6: Track your progress & earn cool thank you gifts.



Search "American Heart Challenge" to download the mobile app. Register, fundraise through Facebook or send texts and emails to friends and family to ask for donations!

Please Note; students that wish to partake in the basketball shooting competitions & 4 Square should bring in \$1 donations for the AHA on the day of their event.

\$1 donation per Knockout Game

\$1 donation for 2 Half-Court shots

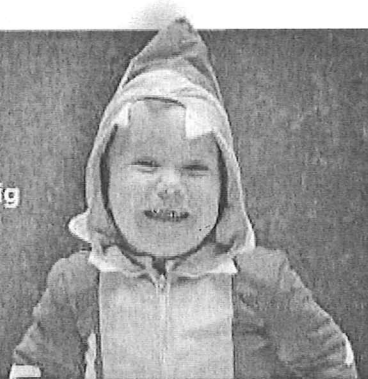
Please see the reverse side of this document for cool thank you gifts students can earn based on the level involvement.



# Heart Hero

**Finn, Age 3**

This is Finn. When his mom was pregnant, doctors found big problems with Finn's tiny heart. (That's why his parents named him Finley - it means "Warrior.") Finn has had 14 surgeries in his short life, but you'd never know it seeing Finn's amazing smile. Today, Finn and his mom travel to schools to inspire kids to take care of their hearts!



## Thank You Gifts

Levels 1-4 are cumulative.

**LEVEL 1**  
\$10-\$24.<sup>99</sup>

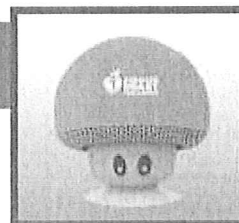
**Take the  
Challenge  
Wristband**



**LEVEL 5**  
\$125-\$249.<sup>99</sup>

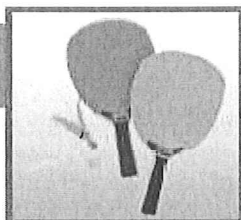
**Pop Bluetooth  
Speaker**

Plus levels 1-4



**LEVEL 2**  
\$25-\$49.<sup>99</sup>

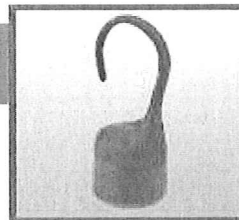
**Helix Fun**  
Plus Take the Challenge  
Wristband



**LEVEL 6**  
\$250-\$499.<sup>99</sup>

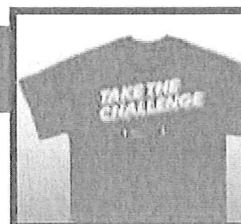
**Polk Boom  
Speaker**

Plus levels 1-4



**LEVEL 3**  
\$50-\$74.<sup>99</sup>

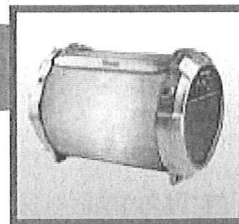
**Take the  
Challenge T-shirt**  
Plus Take the Challenge  
Wristband and Helix Fun



**LEVEL 7**  
\$500-\$999.<sup>99</sup>

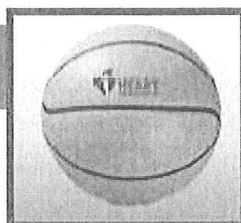
**NAXA Boombox**

Plus levels 1-4



**LEVEL 4**  
\$75-\$124.<sup>99</sup>

**Basketball**  
Plus Take the Challenge  
Wristband, Helix and t-shirt



**LEVEL 8**  
\$1,000-and up

**Brookstone  
Wireless Earbuds**

Plus levels 1-4

