



Join the Kids Heart Challenge!

DASH
"Move More"



Dear Families - The **Kids Heart Challenge** has officially kicked off! You can download the FREE Kids Heart Challenge App for [Apple](#) or [Android](#) or visit <http://www2.heart.org/goto/harritt> to register your child. When registering, your child will take one of three healthy challenges – **Move More, Be Kind, or Choose Water!** And they will earn a FREE decoder wristband. So, be like Dash, who likes to Move More, and RUN to your computer or phone to sign up now! Then use the family fitness tracker in your headquarters to Move More as a family and track your activity minutes! Thank you for empowering our students to have happy and healthy hearts!

Did you miss the assembly? Don't worry, click [HERE](#) to watch a 5 minute video NOW! <https://www.youtube.com/watch?v=pt10mB8blpU&t>

[Click Here for your Virtual Envelope](#) to see what other gifts you can earn and learn how to get started today!

SPECIAL SCHOOL INCENTIVES: For every \$500 raised, one of our PE teachers will be PIED in the FACE!!! We have already raised \$300 in lifesaving donations, when we get to \$500, Mr. Baarson will be pied in the face!!!

Next Steps:

1. Go online or download the app.
2. Register and take a challenge.
3. Follow [FINN'S MISSIONS](#) in your headquarters to learn Hands Only CPR, heart and brain facts and spread awareness to save lives!
4. **Double your donation!** Find out if your employer offers matching gifts at www.heart.org/matchinggifts