



2020 HeART of the Community

APRIL 17th to May 8th

The HeART of the Community campaign is going virtual in 2020! With so many students learning at home due to the COVID-19 crisis, the American Heart Association and its local sponsor Tim Lewis Communities want to make sure families are keeping their hearts healthy. HeART of the community is an enrichment campaign designed to engage children creatively, promote healthy eating and exercise and bring awareness to heart healthy living through ART. The 2020 campaign will once again educate families living in Tim Lewis communities on ways to support good heart health, encourage students to showcase how they keep their hearts healthy and inspire others to take care of their hearts using social media. All HeART of the Community creations submitted on social media using the hashtag #HealthyHeartsAtHome between April 17 and May 8 will be compiled into a video and shown at the American Heart Association's 2020 Sacramento Go Red for Women Luncheon and posted on division's website and social media pages.

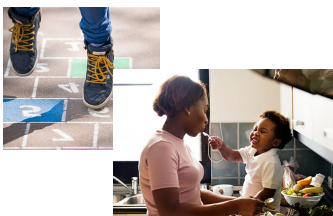
HOW TO PARTICIPATE



STEP 1 (STUDENTS)

Learn about what makes a healthy heart. Watch a video of Pediatric Cardiologist Dr. James Hill explain tips and tricks students can do to support good heart health.

[Watch the video](#)



STEP 2 (PARENTS)

Review AHA's dietary and physical activity recommendations for healthy kids. Review these with your child.

[AHA Dietary Recommendations for Kids](#)

[AHA Physical Activity Recommendations for Kids](#)



STEP 3: GET CREATIVE (STUDENTS & PARENTS)

OPTION 1: Draw what makes a healthy heart using paper and markers/crayons or on your sidewalk or driveway using chalk. Some examples include a nutritious meal, going for walks as a family, or exercising and playing sports. Put your drawing in a window that faces your street and go for a family scavenger hunt to see how many healthy heart drawings you can find in your neighborhood.



OPTION 2: Make a delicious culinary creation using fruits and veggies. Then, enjoy it as a heart healthy snack.

[Click here for delicious heart healthy snack ideas](#)

STEP 4 (KIDS & PARENTS)

Share your drawing or creation on social media using the hashtag #HealthyHeartsAtHome between April 17th and May 8th. All art shared on social media using the hashtag during this timeframe will be compiled in a video and shown at the American Heart Association's 2020 Sacramento Go Red for Women virtual event on May 15th and on the division's website and social media pages.

