



American Heart
Association®
**AMERICAN
HEART
CHALLENGE™**

TAKE THE CHALLENGE. FUND RESEARCH. SAVE LIVES.

BENEFITS TO SCHOOLS :



Leadership Opportunities

Students earn community service hours, develop leadership skills, and build college resume.



Active Students Learn Better

Studies show, active students focus more and better adapt to stress.



Scholarship Opportunities

High school juniors and seniors that take part in the American Heart Challenge can apply for a \$1,000 college scholarship.



Educational Resources

STEM-focused interactive lesson plans addressing topics in youth health including vaping, nutrition, physical activity, sleep, brain and heart health.



Funds for Your School

Apply for an American Heart Association wellness grant to benefit your school.



HOW CAN YOU HELP?

The **American Heart Challenge** is an opportunity to do good, while feeling good. Students will take heart healthy challenges, raise awareness for the leading cause of death in our country, and raise funds to fight heart disease and stroke. It's a way for your students to better their lives - all while saving someone else's.

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READY TO TAKE THE CHALLENGE?

Finn, Age 6
Survivor

- 1** Join schools across the country to take the American Heart Challenge!
- 2** An American Heart Association staff partner will work with you to plan your fundraising event and make a lasting impact!
- 3** Host your event and celebrate your success!



Take the Challenge.

Take a heart health challenge to boost your cardiovascular health, produce higher self esteem, and reduce stress and anxiety.

Fund Research.

Funds raised support community initiatives, education, research, and quality of care all while fighting heart disease, the #1 cause of death in the world.

Save Lives.

Educate your students on heart health, including topics such as vaping, stress, exercise and nutrition.

THE AMERICAN HEART ASSOCIATION SAVES LIVES BY:



Funding Stroke & Heart Disease Research



Sharing the Dangers of Vaping

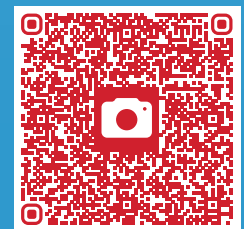


Training People to Save Lives



Leading CPR & Emergency Cardiovascular Care

SCAN TO SIGN UP



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