



American Heart Association  
**AMERICAN HEART CHALLENGE™**

# HEROES RISING FOR HEART

The American Heart Challenge is a service-learning program that gives middle and high school students the opportunity to feel good by doing good. Students will raise funds and awareness for health equity, and make a real difference.

Along the way, they'll meet those that need us most and engage in interactive technology and activities to learn about vaping, mental well-being, physical activity, brain and heart health.



**Charlie**  
 Cardiac arrest



**Alexa**  
 Congenital heart defect



**Quinn**  
 Congenital heart defect



**Manny**  
 Congenital heart defect and stroke



**Finn**  
 Congenital heart defect

## SMALL HEARTS WITH BIG CHALLENGES NEED OUR HELP.



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Association.  
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## STUDENT BENEFITS

- Community service hours
- Leadership skills
- Build college resume



## EDUCATIONAL RESOURCES

- STEM lesson plans
- Social emotional learning
- Physical activity videos



## SCHOOL GIVE-BACKS

- Professional development opportunities
- PE-focused modules
- Teacher incentives



## TURNKEY & FLEXIBLE

- Can be completed in 2 or up to 4 weeks
- Easily executed in both in-person and virtual school formats
- All program materials and resources easily accessible in one place

# READY TO SAVE LIVES?

1

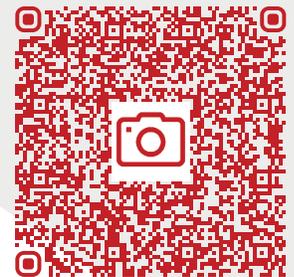
**Sign-up and join schools across the country in the American Heart Challenge!**

2

**An American Heart Association staff partner will work with you to plan your campaign, supporting you every step!**

3

**Celebrate the difference you and your students have made in your community, and beyond!**



## SCAN TO SIGN UP [HEART.ORG/AHC](https://www.heart.org/AHC)