



Get Ready for KIDS HEART CHALLENGE!

Dear Parent or Guardian,

It's time for the **Kids Heart Challenge at Travis Elementary!** **This year our event is ONLINE ONLY, which means you must register online to participate!** Don't worry, if someone wants to send you a check instead, they still can! You'll just need to scan a copy of the check into your mobile app. **No checks or cash can be turned into teachers this year.**

By participating in Kids Heart Challenge, your child will raise funds to help kids with special hearts. They'll also learn about taking care of their hearts and participate in cardio-pumping challenges. Plus, your school can earn money for PE equipment and your child can earn fun thank-you gifts! **Thank you for your support!**

Steps to get started:

- 1 Download our app or visit www.heart.org/KidsHeartChallenge to
- 2 register. Ask your child to select a personal health challenge: be kind, move more or be ready.
- 3 Set a fundraising goal with your child and send emails to invite friends and family to support it.

Thank you, from the bottom of our hearts!

Donations collected will help kids like Alexa.

ALEXA, AGE 8, HOUSTON, TEXAS

"If you come in touch with kids who have heart problems, don't be scared at all. And for kids like me, I want them to keep being brave like me and do the things they want to do."

Alexa was born with a hole in her heart. She had heart surgery before she was one year old and another when she was seven. She loves unicorns, rainbows, rock climbing, gymnastics and anything sparkly!



Dollars raised help fund community initiatives, education, research and quality of care – all to fight the No. 1 killer in the world, heart disease.



- 34% PUBLIC HEALTH EDUCATION
- 21% RESEARCH
- 18% PROFESSIONAL EDUCATION AND TRAINING
- 12% FUNDRAISING
- 9% COMMUNITY SERVICE
- 6% MANAGEMENT AND GENERAL

When you raise funds for **KIDS HEART CHALLENGE** your school can receive PE equipment and funding to support student health. Plus, your child will earn the following thank-you gifts.



REGISTER ONLINE Get a wristband

RAISE \$5 Get **PERRIE**



\$10 ONLINE Get **KNOX** plus lower-level prizes

\$15 Get **JUMP ROPE** plus lower-level prizes



\$25 Get **NICO** plus lower-level prizes

\$40 ONLINE Get **SOFIE** plus lower-level prizes



\$50 Get **T-SHIRT** plus lower-level prizes

\$75 Get **KICK BALL** plus lower-level prizes



\$100 Get **CRUSH** plus lower-level prizes

\$200 Get **SUNNY** plus lower-level prizes



\$250 Get **STRETCH** plus lower-level prizes

\$500 Get **BALL LAUNCHER** plus lower-level prizes



\$1,000 Get **EAR PODS** plus lower-level prizes

Did you know?

HEART DISEASE is the **NO. 1 KILLER** of all Americans, but **80%** of it may be preventable through lifestyle changes.

An estimated **40,000** babies are born each year with congenital heart defects.