



Swallow Elementary Parents! Our Goal is to have more than 50% of our students take the online Challenge!!! Our school will earn EXTRA money for PE!



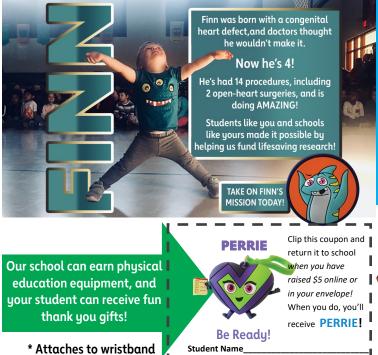
It's time for the Kids Heart Challenge!



We hope to establish physical and emotional hearthealthy habits in your student *NOW* to provide the foundation for a healthy and successful future!

YOUR STUDENT WILL:

- 1. Learn our Five for Life Heart-Healthy Habits
- 2. Take a pledge to improve their own health
- 3. Participate in a service learning program that builds character, teaches them to care about others, and raises donations for our lifesaving mission!



SIGN UP TODAY!

STEP 1: Register

Download the Kids Heart Challenge app or visit heart.org/KidsHeartChallenge http://www2.heart.org/goto/Swallow53029



STEP 2: Take a Challenge



As soon as your student chooses a challenge they get to bring home this FREE buildable wristband!

STEP 3: Collect and Earn

Discover the simple ways that you and your family can collect lifesaving donations!



Raise \$10 or more and earn a Bucks Voucher

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