



Morning Announcements

Join us on [DATE, TIME] for the American Heart Challenge [DETAILS OF PROGRAM]! Make a difference and save lives—sign up now at heart.org/schools.

Optional: (keep the same)

Today's health fact, brought to you by the American Heart Challenge:
READ ONE MESSAGE PER DAY

1. Your heart beats about 100,000 times a day. That's enough to fill a large swimming pool with blood every single day—your heart is powerful! Take care of it by staying active.
2. Sitting too much can harm your health. Even a 5-minute walk every hour can improve circulation, focus, and mood. Stand up and move!
3. Water > energy drinks. Most energy drinks contain high levels of sugar and caffeine, which can affect your heart and your sleep. Hydrate with water instead.
4. Stress affects your heart. Chronic stress can raise your blood pressure and heart rate. Practice deep breathing or short mindfulness breaks between classes.
5. Teen vaping rates are rising—and so are health risks. Vaping can damage your heart and lungs, even if it seems “safer” than smoking. The best choice? Don't start.
6. Laughing is actually good for your heart. It helps reduce stress and can increase blood flow. So yes, your favorite memes are good for your health (in moderation).
7. Your future self will thank you. Making healthy choices now—like eating fruits, skipping sugary drinks, or walking more—can reduce your risk of heart disease later.

8. Teamwork helps your heart and mind. Studies show that students who volunteer or help others experience less stress and more happiness. Who can you support today?
9. More sleep = a healthier heart. Teens need about 8–10 hours of sleep a night. Not getting enough can lead to higher blood pressure and lower concentration.
10. Heart defects are the #1 birth defect in the U.S. Nearly 1 in 100 babies are born with a congenital heart condition. Fundraising through AHC helps kids like them!
11. You don't need a gym to stay fit. Dancing in your room, walking the dog, or playing basketball with friends all count. Just get your heart rate up for 60 minutes a day.
12. Fuel your body the right way. Breakfast really is the most important meal of the day—especially when it includes whole grains, protein, and fruit.
13. Digital detox = better health. Reducing screen time, especially before bed, can help your heart and your brain recharge.
14. You have the power to save a life. Learning Hands-Only CPR could double or triple someone's chance of survival. Call 911. Push hard and fast in the center of the chest.
15. Be your own hype person. Positive self-talk, like "I'm doing my best" or "I've overcome challenges before," can boost confidence and reduce stress—both of which are good for your heart.