



# HEART HERO

## Adoption Certificate

*This certifies that*

---

*has officially adopted*

**ASPEN**

*Aspen loves nothing more than taking a deep breath of clean air. Avoid vaping and tobacco so your lungs can stay strong and you can breathe it all in!*



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*Signature*





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# RIVER

*River reminds us to choose cool, clear water over sugary drinks. It's good for your muscles, your joints and even your memory!*



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*Signature*





American Heart  
Association.

**KIDS  
HEART  
CHALLENGE™**

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**RESCUE**

*Rescue is always ready to come to the aid of anyone in trouble. By learning Hands-Only CPR, you and your friends can be ready to save a life!*

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*Signature*





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# BEET

*Beet loves color and adds delicious fresh fruits and veggies to every meal. These colorful feasts give boosts of flavor, energy and fun!*

*Signature*





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# ZEE

*Zee knows that if you don't snooze, you lose!  
Get 9 - 12 hours of sleep each night so you  
can feel your best — and help your body  
fight off germs that can make you sick.*



\_\_\_\_\_ *Signature*





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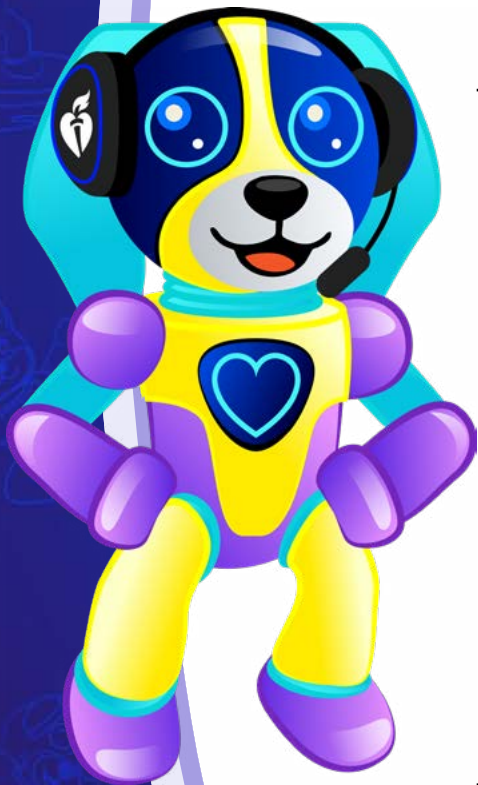
*has officially adopted*

# VICTOR

*Victor leads by example, practicing healthy habits like moving more, sleeping well, eating smart, choosing water, being kind, avoiding vaping and learning Hands-Only CPR. Victor inspires others to be their very best by practicing healthy habits too!*

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*Signature*





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# PARKER

*Parker is the kind of dog who is kind to everyone. Being kind to others not only makes others feel better, but you will feel better too!*

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*Signature*





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# TURBO

*Turbo's here to help you get moving!  
Do something active every day — you'll  
feel happier, sleep better and even have  
more energy (a turbo boost)!*

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*Signature*

