



American Heart Association®

**KIDS  
HEART  
CHALLENGE™**

**AMERICAN  
HEART  
CHALLENGE™**

# Heart Hero



## Kate

### Survivor, Grade 12

Kate was born with a heart that's smaller on one side and has had three open-heart surgeries and multiple other heart procedures. While her condition sometimes makes things harder, Kate says she chooses to focus on what she CAN do and lives a very full life.

Kate makes eating healthy a priority and gets exercise through some of her favorite activities including dancing and cheerleading. By getting involved with the Kids Heart Challenge/American Heart Challenge, she hopes to spread awareness and inspire others to support the American Heart Association, too.

The **Kids Heart Challenge** and **American Heart Challenge** funds research that helps kids have longer and stronger lives. Your support helps families have hope and for that they are so grateful.

**Together, we are creating a world of longer, healthier lives.**