



American Heart Association®

**KIDS  
HEART  
CHALLENGE™**

**AMERICAN  
HEART  
CHALLENGE™**

# Heart Hero



## Parker

### Advocate, Grade 1

Parker learned about heart disease and stroke at an early age after seeing four of her grandparents face health challenges, including one grandma who got a new heart and another who had a stroke. Through the Kids Heart Challenge/American Heart Challenge, she has learned lots of heart-healthy tips and now knows how to act during a cardiac emergency.

Parker puts what she learned into action. She drinks water, eats fruits and vegetables, gets good sleep and stays active through activities including basketball. Parker is excited to be involved with the American Heart Association and hopes to help other kids learn how to take care of their hearts, 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.**