



American Heart Association®

**KIDS
HEART
CHALLENGE™**

**AMERICAN
HEART
CHALLENGE™**

Heart Hero



Ridge

Survivor, Grade 4

The right side of Ridge's heart was too small when he was born, causing him to have three open-heart surgeries before age 3. In 2023, his heart began to fail, and doctors said he needed a new heart to survive. After months on the transplant list, Ridge received a new heart, which he considers a blessing. Now, he feels better, has more energy and can keep up with his brothers.

To take care of his new heart, Ridge eats lots of fruit and protein, stays active and follows his doctors' advice. He's grateful to have a second chance and hopes his story will encourage others to support the Kids Heart Challenge/American Heart Challenge.

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.