

New Jersey Schools and the American Heart Association - We are in this together.

During this difficult time, we want you to know that the American Heart Association is here for you and your school communities. We have created online resources focusing on both emotional and physical well-being that can be shared amongst staff, families and students.

- **Kids Heart Challenge/American Heart Challenge ~ Kick Cabin Fever to the Curb:** Online resources which may compliment digital teaching requirements that provide both physical and emotional activities. Offers links to lessons, activities, recipes and more that can be shared with your students and families.
- **Family Fitness Fun Night:** A virtual night filled with activities such as jumping rope; cooking; an indoor obstacle course; learning hands-only CPR; and so much more! Schools can plan a night that is convenient for them and can invite entire families to join in on the fun while promoting the mission of the American Heart Association.
- **Healthy For Good Resources:** A revolutionary healthy living movement to inspire you, your staff and your entire school community to create lasting change in your health and your life, one small step at a time. The approach is simple: Eat smart. Add color. Move more. Be well.

For more information on these resources and others, contact Heather Lopardo, Youth Market Regional Director at heather.loparto@heart.org *** or at (732) 561-7198.

***Please include your name; school name/district information; city/town when inquiring about information.

More than ever, we're confident that we can get through this difficult time - and save lives - if we continue to work together.

"I Have to Treat Myself as if I'm at Risk"

Until we know the full effects of the coronavirus on heart and stroke patients, people like Alex, who was born with congenital heart disease, are living in fear of the unknown.

MEET ALEX

