



Hello, East Dover Elementary School! I hope you all enjoyed participating in our Kids Heart Challenge event this week in PE classes. This event, which benefits the American Heart Association encourages you to get your heart healthy through exercising and eating healthy while raising money for people with the heart disease and stroke. As we have talked about, we want **every** student to live a heart-healthy lifestyle, and that can start by taking one of the American Heart Association's Heart Health Challenges!!

Please click below on the Kids Heart Challenge link to get started. We challenge YOU to sign up online today, and either pledge to be active 60 minutes each day, drink water versus sugary beverages, or do a good deed daily!

It's fun and easy, and just for registering, you receive a free Heart Hero wristband!! Should you choose to email friends and family to ask for support and earn on line donations you can also earn our Heart Hero friends Echo, Finn and Ruby.

I look forward to seeing you all for our Family Fitness Night on Tuesday, February 12th and don't forget, you all can be HEART HEROES!!

Please Note, all donations are due by Friday, February 15<sup>th</sup>



[Kids Heart Challenge](#)

With heart,

The East Dover PE Department