KIDS Heart Challenge is kicking off and we want you to take the challenge! Help us to support your classmates and cheer them on! Ask your friends and family to help you take the kids heart challenge. Go to [www.heart.org/kidsheartchallenge](http://www.heart.org/kidsheartchallenge) and register for all of the fun!

**Social Media Post #1**

COPY and PASTE this image and then COPY and Paste this text into your Social Media outlets for your school.

KIDS Heart Challenge is underway and ECHO wants you to take the challenge! Have you logged on to [www.heart.org/kidsheartchallenge](http://www.heart.org/kidsheartchallenge) and taken the challenge? Once you have registered you can earn Echo and a Clip to collect all of the Super Heart Heroes. Echo wants you to “Be You” and encourage others around you to help fight heart disease.

**Social Media Post #2**

COPY and PASTE this image and then COPY and Paste this text into your Social Media outlets for your school.

THERE IS STILL TIME to take the KIDS Heart Challenge! Hurry and log on to [www.heart.org/kidsheartchallenge](http://www.heart.org/kidsheartchallenge) and send a few emails to your friends and family. Once you have registered you can earn FINN. Finn wants you to stand up for a healthy lifestyle and challenge yourself in doing the right things for your heart!

**Social Media Post #3**

COPY and PASTE this image and then COPY and Paste this text into your Social Media outlets for your school.