

# Hilliard Tharp Wellness Challenge



1. Download the free App "AHA Schools" to Register - [APPLE DEVICE](#) OR [ANDROID DEVICE](#)
2. Or Register on your computer : [CLICK HERE](#)
3. Complete Finn's Mission on the site and earn Slow Rise Ball, Backpack Clip and a chance to win two 2025 Superbowl tickets! Raise donations and earn thank-you gifts!
4. Click on the Daily Links to do healthy activities and become a HEART HERO.
5. Dress up for our Tharp Themed Wellness Week to show your School Spirit!

## MONDAY

Stay Active!

Wear your favorite sports team /jersey

Move with your family tonight!

[CLICK HERE FOR 411 on Moving More](#)

[CLICK HERE FOR Making it Count](#)

[CLICK HERE FOR 25 Moves](#)

[CLICK HERE FOR Your Workout](#)

Get started and collect donations for AHA. Share your page on social media to spread the word and ask for support. Thanks for keeping your hearts healthy!

[CLICK HERE](#) to register !



## TUESDAY

Healthy Heart Day!

Wear RED ! (CBJ, OSU, Reds, Guardians, Any red)

[CLICK HERE](#) and complete Finn's Mission for a chance to win two 2025 Superbowl tickets!

Learn Hands Only CPR with your family tonight:

[CLICK HERE](#) to Learn about Hands Only CPR

[CLICK HERE TO FOR Hands Only CPR Demo](#)

Download the "AHA Schools" App and send 10 texts to family & friends to ask for support!



## WEDNESDAY

HERO DAY!

Dress like your hero! Get Creative, Tharp!

Cook a healthy meal to cook with your family tonight!

[CLICK HERE FOR Meal Planning](#)

[CLICK FOR Sweet Potato Nachos](#)

[CLICK FOR Turkey Sliders](#)

[CLICK FOR Bean & Chicken Wrap](#)

[CLICK FOR Spaghetti Squash](#)

[CLICK FOR Smoothie](#)

Are you registered yet for Tharp Wellness Week? Have you raised a donation for AHA?

If not, [CLICK HERE](#) to sign up!



## THURSDAY

Heart "BEAT" Day

Wear anything music related!

Did you know these songs are the correct beat to do CPR?

*Staying Alive, Eye of the Tiger, Baby Shark & Dancing Queen*

[CLICK HERE FOR Wake up Routine](#)

[CLICK HERE FOR Bedtime Routine](#)

[CLICK HERE FOR Sleep affecting Health](#)

[CLICK HERE FOR Sleep Well Steps](#)

Be the Beat and

join us: , [CLICK HERE](#).

See if you can raise a donation to help fight heart disease & stroke.



## FRIDAY

Switch it Up Day

Students dress like Teachers  
Teachers dress like Students

Activities to do with your family or friends:

[CLICK HERE FOR Affirmations](#)

[CLICK HERE FOR Mindful Peace](#)

[CLICK HERE FOR Healthy Routines](#)

[CLICK HERE FOR Managing Stress](#)

[CLICK HERE](#) to register for Wellness Week & complete Finn's Mission!

Stuck in a rut? Switch up your exercise routine this weekend!

