







## Starting Heart Club FAQ

### Can you give me a quick summary of Heart Club and why I should start one?

Heart disease is the No. 1 killer worldwide, and stroke isn't far behind. But you have the power to make a difference. By leading an American Heart Association Heart Club, you'll help raise awareness, promote mental and physical well-being, fundraise and advocate to help save lives—all while earning community service hours and gaining valuable leadership experience that stands out on resumes and college or job applications.

As a leader, you will:

-  Be part of a national movement with 35M+ volunteers working to end heart disease & stroke
-  Gain real-world leadership skills and networking opportunities that prepare you for the future
-  Spread knowledge around your school & community on heart disease and stroke symptoms
-  Organize impactful events – host CPR awareness, spread gratitude, and hope to caregivers and survivors, lead fundraisers and more!

This is more than just a club—it's a movement. Your heart can make an impact. Are you ready to lead with it? [Start a Club | American Heart Association](#)

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### Who should I ask to be my Heart Club advisor? How much time would they need to commit to the role?

Any faculty or staff member can serve as your Heart Club Advisor. While many advisors are teachers in science (e.g., physics, biology, chemistry), health or PE departments, others have been from English, Spanish, history, civics and other departments. Some High School HOSA clubs have also started Heart Clubs, with their HOSA advisors taking on the role.

This is a low-commitment role, primarily providing support to ensure the club runs smoothly. Responsibilities include providing or helping to secure a meeting space for Heart Club gatherings and facilitating approvals with school administrators as needed.

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## What is the AHA's involvement after the club is created?

Once your club registers, you'll receive a welcome email that includes:

- ✦ Heart Club logos & branding guidelines
- 👋 Introduction to local AHA staff
- 📞 An invite for a quick meeting – We'd love to learn about your interests, share upcoming volunteer opportunities, and discuss how we can best support your club.

Heart Clubs are student-led, meaning *YOU* decide the activities and goals that fit best. To support you throughout the year, we'll provide:

- 📅 A calendar of activity ideas – Get inspiration for club events (just for guidance, not a requirement!).
- 👛 Volunteer activity toolkits – Use ready-made resources to organize impactful service projects.
- 💬 Ongoing support & check-ins – Reach out anytime for help and advice!

Bonus Support!

☀️ **National Youth Leadership Council** – This newly launched council of high school and college students will provide guidance and support for Heart Clubs, helping you make an even bigger impact!

### Examples of Resources:

- [Heart Club Calendar](#)
- [Gratitude Event Volunteer Activity Toolkit](#)
- [Hands-Only CPR Event](#)
- [Healthy Food Drive Toolkit](#)
- [American Heart Challenge One Week to Save a Life](#)

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## What are the requirements? What will my club do?


**Impact, Leadership, Well-being, and Fundraising** represent the four pillars of Heart Club. We ask that your Heart Club organize one activity under each pillar over the course of the school year. Here are some examples of Heart Clubs in Action leading activities under each of the pillars:

❤️ **Impact:** Heart Clubs around the nation are using the [Gratitude Activity Toolkit](#) to make cards of encouragement for kids born with heart conditions and cards of appreciation for healthcare workers. [Auburn University](#), [Los Alamitos High School](#), [Oak Park High School](#)

🎓 **Leadership:** Heart Clubs are connecting with American Heart Association science volunteers to gain career insights within the fields of public health, medicine and research. [Ayala High School](#)



 **Well-being:** Heart Clubs are discussing the importance of eating healthy while also learning about the millions of Americans who don't have enough food to eat or don't have access to healthy food. Heart Clubs are using the [Healthy Food Drive Toolkit](#) to support local food access organizations. [Northville High School](#)

 **Fundraising:** High School Heart Clubs are raising donations, spreading knowledge of Hands Only CPR and earning 8 hours of community service leading the American Heart Challenge "One Week to Save Lives." This Heart Club raised \$1,500 in one week through a campaign they called Chunk Your Change inspiring people to donate in the car line before school! [Alliance Academy for Innovation](#)

College Heart Clubs are also signing up to form teams supporting local Heart Walks. Find your local Heart Walk: [Heart Walk - American Heart Association.](#)

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## What is the time span to get the club up and running?

It's entirely flexible. Clubs can register anytime during the year. Your next step is to secure an advisor and complete the registration form: [Start a Club | American Heart Association.](#)

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## I still have more questions. Who can I reach out to?

Please email [heartclub@heart.org](mailto:heartclub@heart.org) with your questions or request a quick meeting. Thank you for your interest!