



Christophe Lafontant

July 13, 1983 - April 27, 2025

Christophe Lafontant, beloved son, brother, godfather, uncle, cousin, and friend to many, passed away on April 27, 2025, at the age of 41.

Born on July 13, 1983, Chris was a true fighter in every sense of the word. Diagnosed with heart failure at six years old and later with the rare genetic condition myofibrillar myopathy, Chris endured more physical hardships than most could imagine, including two heart transplants, a kidney transplant, respiratory failure, a tracheostomy, and years of progressive muscle weakness.

But Chris never let his illness define him. Through his relentless spirit and hope, he made it his life's mission to raise awareness for myofibrillar myopathy, fundraise for research, and create a sense of community for others facing this rare disease. He published a memoir, *1 Man, 3 Hearts, 9 Lives*, sharing his journey of resilience and survival, and created a documentary, *It Started with the Heart*, co-produced by Sugar Beach Digital, further telling his story and inspiring others. He also built a large social media following under the name "1 Man 3 Hearts," inspiring thousands who proudly became part of what he called the "Heart Train."

Despite overwhelming challenges, Chris lived with courage, humor, and, most of all, heart. He believed deeply that life could be beautiful no matter the

obstacles, and he lived that belief every day.

He leaves behind a family who loved him beyond measure, including his mother, Jennifer, and her longtime partner, Mitch; his father, Claude, and his wife, Natalia; his brothers, John and his wife, Gita, Claude and his wife, Tara, and Fabien; his sister, Isabelle, and her husband, Joe; and his beloved nephews and nieces, Leo, Dominic, Aleks, Vanessa, Juliette, and Cora. He also leaves behind his beloved dog, Paris.

Chris's spirit, resilience, and compassion will live on in everyone he touched.

Visiting hours are Friday, May 2, 2025 from 4-8 PM at Pizzi Funeral Home, 120 Paris Avenue, Northvale, NJ. A funeral mass will be held on Saturday, May 3, 2025 at 9 AM at Immaculate Conception Church, 211 Summit Street, Norwood, NJ. Interment will follow at Rockland Cemetery, Sparkill, NY.

Cemetery Details

Rockland Cemetery

201 Kings Hwy
Sparkill, NY 10976
(845) 359-0172
info@rocklandcemetery.org
<https://www.rocklandcemetery.org/>

Previous Events

Visitation

MAY 2. 4:00 PM - 8:00 PM (ET)

Pizzi Funeral Home
120 Paris Ave
Northvale, NJ 07647
<http://pizzifuneralhome.com>

Funeral Mass

MAY 3. 9:00 AM.

Immaculate Conception Church

Burial

MAY 3. 10:45 AM - 11:45 AM (ET)

Rockland Cemetery

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