

Parents - How to submit a Video With Heart



Parents can help their kids to record a short, 1- to 3-minute video about healthy eating, being active, or how heart disease may have affected them or someone they love.

Students:

Make your own web page!

Sign up to create your own HeartQuarters!

In your HeartQuarters, you can...

- Set up a Web page to accept donations
- Send e-mails to family and friends
- Watch your fundraising progress

Get the free song download of "It Takes Heart To Be a Hero" when you sign up.

Students Sign Up

Students & Event Coordinators:

Visit your HeartQUARTERS

Already signed up?

Login NOW to visit your HeartQuarters - make changes to your web page, send e-mails, and check to see if you've received more donations.

Login

PARENTS

- Help Your Child Make a Web Page
- How To Make a Healthy Home
- Live Better With Life's Simple 7
- For more info

STUDENTS

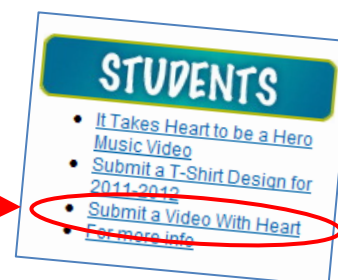
- It Takes Heart to be a Hero Music Video
- Submit a T-Shirt Design for 2011-2012
- Submit a Video With Heart
- For more info

TEACHERS

- Sign Up Your School To Participate
- of Raising Event Donations Online
- Jump Rope For Heart Event Resources
- Educational Resources
- For more info

Step 1: Go to www.heart.org/jump or www.heart.org/hoops and click on the '**Submit a Video With Heart**' link.

Close up view.....



Step 2: Click on the '**Upload your video to our site**' link in the "Video with Heart" paragraph.

Would you like to share a message from your heart about healthy eating, being active, or how heart help you **upload your video to our site** so you can

Embed You Tube Code (Required):

```
<object width="640" height="385"><param name="movie" value="http://www.youtube.com/v/ynQfJgwV Krg?fs=1&hl=en_US"></param><param name="allowFullScreen" value="true"></param><param name="allowscriptaccess" value="always"></param><embed src="http://www.youtube.com/v/ynQfJgwVKr g?fs=1&hl=en_US"
```

Step 3: Enter the information in the required fields and embed your YouTube link in the form.

***Note:** If you need any help on using YouTube, click on the '**here**' link on the page under '**New This Year!**' paragraph.

New This Year!

Videos will be submitted via YouTube. To learn how to create a YouTube account, click **here**. To learn how to upload a video on YouTube, click **here**.

Step 4: Read the posting policy information and click on the '**I agree with the posting policy.**' check box.

I give permission for the use of my child's name, picture, image, likeness, actions, voice, or other personally identifiable information, in whole or in part, individually or in conjunction with other images in the video.

☐ I agree with the posting policy

Send

Step 5: Click on the '**Send**' link. ***Note:** You will receive a confirmation email once the submission has been received.

Tips for your Video With Heart

americanheart.org/jump

- Video submissions must be a maximum of 1-3 minutes in length.
- Production credits must be no longer than 5 seconds in length
- See the website for full instructions.