

Raise money online AND SAVE LIVES!

E-mail friends and family to raise funds and share lifesaving information!

- 1 Visit **americanheart.org/jump** and click on the button 'Students Sign Up.'
- 2 Select your state and then find your school.
- 3 Join your school's team and set up your own Web page!

americanheart.org/jump

American Heart
Association



WHAT IS JUMP ROPE FOR HEART?

- It's an American Heart Association event.
- You jump rope and learn about your heart.
- Kids are helped by the money you raise.

WHY IS IT IMPORTANT?

- Some kids have special hearts and need your help.
- You can learn how your heart works and how to take care of it.
- It feels great to help save lives!

HOW CAN I HELP?

- Turn in your permission slip to jump and raise money.
- Set a dollar goal and ask friends and family to help you reach it. (Make your own Web page! Instructions are above!)
- Have fun!

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Recreation and Dance

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