



# IT TAKES HEART TO BE A HERO!

**DONNIE, Age 6**

*"I was born with a hole in my heart. I Jump Rope For Heart to support the research of the American Heart Association."*

Jump Rope For Heart and Hoops For Heart are national events sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students in these programs have fun jumping rope and playing basketball — all while becoming empowered to improve their health and help other kids with heart health issues.

Funds raised through Jump Rope For Heart and Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

Jump Rope For Heart and Hoops For Heart help students:

- Learn the value of community service and contribute to their community's welfare
- Develop heart-healthy habits while being physically active
- Earn gift certificates for free school P.E. equipment from U.S. Games

**Call 1-800-AHA-USA1 or visit [americanheart.org/jump](http://americanheart.org/jump) or [americanheart.org/hoops](http://americanheart.org/hoops) to get your school involved.**



American Alliance for Health, Physical Education, Recreation and Dance

AAHPERD is a proud program partner of Jump Rope For Heart and Hoops For Heart.