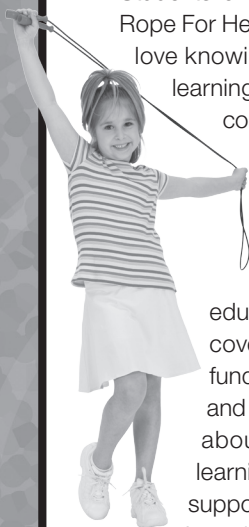


# Jump Rope, Have Fun and Help Save Lives



Students love the excitement of Jump Rope For Heart events, and schools love knowing that students are learning healthy habits and community values. The benefits of physical activity, healthy eating, and staying away from tobacco are just a few topics that this educational program covers, all while raising funds to fight heart disease and stroke. Students learn about heart health while learning to jump rope, supporting the National Association for Sport and Physical Education (NASPE) Standards of Physical Education.



**Learn how your school can  
support cardiovascular research  
and save lives.**

**Call 1-800-AHA-USA1  
or visit [americanheart.org/jump](http://americanheart.org/jump)**



American Alliance for  
Health, Physical Education,  
Recreation and Dance

American Heart  
Association   
*Learn and Live*