

YOUR SUPPORT CAN SAVE LIVES!

Event Date: Week of February 13th

Envelope Due Date: February 13th or February 13th



SHAPE America and the American Heart Association collaborate on the Jump Rope for Heart and Hoops for Heart programs.

Dear Parent/Guardian,

It's time for Jump Rope for Heart or Hoops for Heart, American Heart Association programs that teach students in 38,000 schools nationwide valuable lessons that will last a lifetime, such as:

YOUR CHILD learns about the importance taking care of their heart and how it works. Heart disease is the leading cause of death in America BUT, we can change that – 80 percent of risk factors for heart disease are preventable. Each Zoo Crew t healthy habits for life!

YOUR CHILD learns the importance of helping others through this service project. We're challenging them to take their own heart challenge through our Zoo Crew E-Card and asking them to share that message with others. When they take the challenge and sent it to 10 people, they will earn Rory's Zoo Crew Badge.

YOUR CHILD feels good for making a difference in people's lives! Funds raised support the American Heart Association's research and education initiatives that save lives in our community. **Additionally, the school earns money for PE equipment so we can keep our kids MOVING!**

We've made it easy to ask for donations by sending messages online through our free mobile app!

- Mobile app or online –download the free mobile app by searching Jump/Hoops in the app store or log onto **heart.org/jump** or **heart.org/hoops**.

As they share our heart-healthy message and raise money, they will earn members of our Zoo Crew!

REGISTER ONLINE TODAY!

Step 1: Go to heart.org/jump or heart.org/hoops.

Step 2: In the **Find Your School** and **Sign Up** area, click on your state or enter the city where your school is located. Click on the first letter of your school's name. Once you find your school, click on **Join Team**.

Step 3: Create your Username, Password and answer a security question. **Click Continue**. (Be sure your username and password are easy to remember).

Step 4: Fill out the registration form. Review the Online Waiver and click the box to accept.

THEN SEND YOUR E-CARD!

Step 1: Once your registered, log in HeartQuarters and click E-card und

Step 2: Choose your character, background and personalize your card with your own picture. (Optional).

Step 3: Take the challenge.

Step 4: Add a personalized message or use the one provided and send to as many friends and family as possible.

-The class that has the most participation and the class that raises the most receives a free PE class.



• CHECKS/ONLINE Donations are preferred. Please make payable to **American Heart Association**.

• Ask your sponsors if they work for a company that matches the contributions of their employees. They can provide you with their company's matching gift form to include in your collection envelope.

• For the safety of our children, we ask that your child NOT go door-to-door or ask strangers for donations.