

WASHINGTON PRIMARY STUDENTS JUMP FOR THEIR HEARTS AND HELP SAVE LIVES

Students at Washington Primary are jumping at the chance to fight heart disease and stroke, our nation's No. 1 and No. 3 killers. On Friday, April 13th, Washington Primary will host its 5th annual Jump Rope for Heart event to raise money for the American Heart Association, which funds lifesaving heart and stroke research and community and educational programs for our youth.

Jump Rope For Heart teaches students how physical fitness benefits the heart and shows them that volunteering can be a fun and positive experience for the whole community. The need to educate children about the importance of physical activity couldn't be timelier.

According to recent studies, about one-third of children ages 2 to 19 are overweight and obese.

"By including physical activity into their daily routines, kids can significantly reduce the onset and burden of heart disease," said Eve Pyser. "By raising money through Jump Rope For Heart, we are preventing heart disease and obesity for the next generation of Americans. Kids are literally jumping into a heart healthier life while becoming passionate about raising money for other kids with sick hearts."

For over 32 years, Jump Rope for Heart has raised more than \$810 million for the fight against heart disease and stroke. Millions of students have jumped rope and learned about heart health and how nutrition and physical activity can help prevent heart disease and stroke. Jump Rope For Heart is co-sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance.

Please help our students help others by making a donation. If you would like to help more, call your nearest American Heart Association office at 631-549-5601 or call 1-800-AHA-USA1 (1-800-242-8721). You can also visit us online at americanheart.org/jump.