

**You’re Invited… To Help Us Save a Life!!!**

**WHO:** Students at Cedar Hills who want to be **Heart** Heroes!

**WHAT:** Jump Rope for **Heart**!!!

**WHEN:** February 1-5 during P.E. class

**WHY:** To have fun and learn how to live a heart healthy lifestyle while saving lives!

**Please return donation envelopes no later than: February 19**

1. The donations our school raises will help fund lifesaving research into heart disease and stroke, our nation’s No. 1 and No. 5 cause of death.
2. Donations fund the development of educational materials that teach the importance of heart health and nutrition and our school can earn PE equipment as well!

 Raise money online by visiting **www.heart.org/jump** (instructions attached) or by using the **FREE Jump/Hoops APP** on your mobile phone. It’s fun, quick and EASY!! Ask everyone you know to help save Lives!

Check with your employer for matching gift forms to double donations.

Please make checks payable to the **American Heart Association.**

**LIFESAVER PUPS HAVE ARRIVED!!! Learn each Pup’s Message & Teach Others!**



**Super Pup**

**Learn, Teach and Help Others how to be Heart Healthy.**

 **Raise $5 Donation & Get Him Now along with a lanyard**

**Soccer Pup**

**Stay strong by moving 60 Minutes Every Day!**

**$100 Donation Receive him w/other thank you gifts after you turn in envelope**

**Dr. Bow Wow**

**Drink more water and less sugary drinks! $35 Donation Receive her w/other thank you gifts after you turn in envelope**

**Capt’n Bark**

**Don’t Smoke or Chew Tobacco –Keep your lungs clean so you can run fast! Raise $20 Donation & Get Him Now**

**Ninja Star Pup**

**Kick Salt out of your Diet to be more Heart Healthy ! Raise $10 Online Donation & Get Her Now as well as Super Pup!**

**Martia N. Mutley**

**Eat lots of fruits and vegetables each day to be Heart Healthy! Raise $85 Online Donation & Get Her Now**

If you have any questions, feel free to contact me. We are looking forward to an event full of fun and school spirit!!

­­­­­­Coach Miller —Jump Rope for Heart Coordinator