

RAISE MONEY ONLINE*

Step 1: Register

Visit the **Jump Rope For Heart** Web Page at www.americanheart.org/jump. Click **I am ready!** to find your state and then school name. Complete the sign-up form and enter your computer fund-raising goal. Ask an adult to help.

Step 2: Personalize Your Web Page

Once registered, you can create your own Personal Web Page! Click the **My Webpage** tab to choose photographs from the image library and write a message to tell people why you're jumping!

Step 3: Send E-mails

Click the **E-mail** tab to send e-mails to your friends and family and invite them to make a donation toward your dollar goal. You can use the e-mail messages we've started for you, or write your own! Enter the name of the person you want to write in the left column and his or her e-mail address on the right.

***Minimum online donation is \$25.**

Parents: Help your children reach their goal. An **Address Book Import** feature allows you to import your address lists from other applications, such as Microsoft Outlook.

To use the feature, click the **Address Book Import** link below the **E-mail** tab.

For additional assistance, click **Import Wizard Help** next to Step 1.

Step 4: Watch Your Results!

Check your **Web Page** often to see how much money you have raised towards your goal!

IMPORTANT REMINDER: When it's time to turn in your collection envelope to your teacher, click on the **Reports** tab and print your **Donation Report** page to enclose inside your collection envelope. Be sure to write on your collection envelope how much money you raised online so that it's included in your fund-raising total.



Parents

Join the fight to reduce obesity in children.

Today about 16 percent of all children and teens in the U.S. are overweight. The American Heart Association is proud to be a part of the Alliance for a Healthier Generation. For more information, visit the Alliance Web site healthiergeneration.org.

YOU'RE THE CURE

Join the American Heart Association's efforts to advocate for policies that will increase access to quality physical and health education in schools that will increase physical activity levels and help children make healthy food choices. Visit yourethecure.org to register!

JUMP ROPE FOR HEART

How To Help Your Child Participate

- 1 Sign Permission Slip and return it to the school.
- 2 Help your child set a goal.
 - Select gift level desired (see front of envelope).
 - Determine dollar amount needed.
 - >> If \$75 level, ask 3 people for \$25.
 - >> If \$200 level, ask 20 people for \$10.
- 3 Parent/Guardian make contribution.
- 4 Ask family, friends and businesses. Ask them in person, by phone or e-mail.
 - Remind child not to ask strangers for money.
 - Remind child not to collect door-to-door.
- 5 Please collect all contributions in advance and convert all cash to check(s) payable to the American Heart Association.
- 6 Find out if sponsor's employers have a matching gifts program and indicate matched amounts on the sponsor form.
- 7 Turn in contributions by the due date.

americanheart.org/jump

Why It's Important

- Heart disease is the No. 1 killer; stroke is the No. 3 killer and a leading cause of serious disability.
- Congenital cardiovascular defects are the most common cause of infant death from birth defects.
- Cardiovascular disease ranks as the No. 2 cause of death for children under age 15.
- Overweight and diabetes are increasing at an alarming rate among our nation's youth.



This seal signifies that the American Heart Association - National meets the BBB Wise Giving Alliance's Standards for Charity Accountability.