

SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart program.



Welcome to the
SCARE SQUAD



Heart Hero

Camden, Age 8

A routine ultrasound during pregnancy revealed Camden had two holes in her heart. She received a feeding tube which she had until she was 3 years old. At 17 months old, doctors determined it was time to correct her condition with heart surgery. Camden is much better now. She has moderate hearing loss and wears hearing aids to compensate and visits her cardiologist annually for stress tests. In Camden's free time, she enjoys playing with friends, riding her bike and playing school. She tells us that she would like to be an actress someday.

Step 1 — Register online and earn the FREE **GLOW** Wristband.



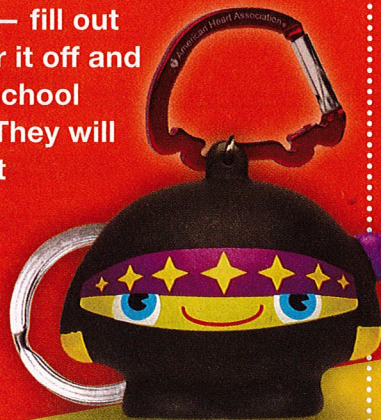
- Go to heart.org/jump, search for your school and then click if you're a new or returning student!
- Or download the mobile app by searching for jump/hoops in your app store.

Step 2 — SEND EMAILS to friends & family to ask for donation.

Step 3 — Return your coupon or get your first donation online to earn your first monster!

Parents,

When your child raises \$5 for Jump Rope For Heart — fill out this coupon, tear it off and send it back to school with your child. They will receive their first Scare Squad character, Jax, as well as a monster clasp to attach to their backpack!



Search **jump/hoops** in your app store to download the **Free mobile app** and see your **wristband**, **tattoo** and **monsters** come to life!



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Scan me now!

heart.org/jump