

Jump Rope for Heart

A young boy in a light blue shirt and blue shorts stands on a paved path, holding a red jump rope. A young girl in a yellow shirt and brown shorts is in mid-air, performing a jump rope move. They are in a park with green grass and trees in the background.

A young boy and girl are playing jump rope in a park. The boy is holding the red jump rope, and the girl is jumping over it. They are both smiling and having fun.

Presenting Partner



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is joining the fight to beat heart disease and stroke.

Our school is proud to be participating in Heart & Stroke's Jump Rope for Heart program!

Why it matters:

- Students get active and have fun at school on their Event Day.
- Students learn life-long healthy habits.
- Together, we raise funds to support lifesaving heart and brain research.

Jump in and make a difference!

To learn more about promotions, healthy habits and your impact visit jumpropeforheart.ca

