

Ready to Be a Heart Hero?



Heart & Stroke
JUMP
ROPE FOR HEART™

A Heart Hero is anyone who wants to keep all kids' hearts strong and healthy. Encourage your children to raise money for the Heart and Stroke Foundation by jumping rope at their school. You'll help them learn the importance of physical activity, healthy eating and giving to others.

Together, we can help all kids grow up healthy.

Get your child involved at JumpRopeForHeart.ca



**HEART &
STROKE**
FOUNDATION