

Kids Heart Challenge Event!

PARENTS: It is officially *Hoops for Heart at Rodgers Middle School!* These events are held at schools nationwide and not only help students learn about the benefits of regular physical activity and heart health, but also raise funds to **support vital heart and stroke research as well as educational programs.**

The American Heart Association is dedicated to helping people live longer, healthier lives. The money we raise helps people in our community learn how to avoid heart disease, stroke, and diabetes. Our school will qualify for gift certificates for **free physical education equipment** based on the amount we raise, and students will qualify for **individual thank-you gifts** based on the donations they collect.

This year, we are incorporating the "Heart Healthy" lessons with technology. Please go through the below steps with your child on how to customize a web page and e-mail friends and family for donations. You can even link it to your Facebook page.

1. Visit heart.org/kidsheartchallenge.org
2. Search for Rodgers Middle School (Tampa, FL) *there may be more than one Liberty
3. Click on 'Students Sign Up'
4. Create a Username and Password
5. Customize your page and enter e-mail addresses that you want to send the link to and you have completed the process!

The people you e-mail will receive a link to your webpage that will ask them if they would like to donate to the American Heart Association. It is as simple as that! **This is a great way to ask for donations from family**

- **Last event we did an AWESOME JOB and raised \$1,647 Help us have an EVEN BIGGER event this year!**



WHY ARE YOUR DONATIONS SO IMPORTANT?

This is the first generation of children that are not expected to live as long as their parents.

DID YOU KNOW?... For every hour you exercise you gain two hours of life expectancy. That's a pretty good two-for-one offer! Physical activity is good not only for the heart, but also for the brain, feeding it glucose and oxygen, all of which makes it easier for children of all ages to learn. Numerous studies show that children who exercise do better in school.

