

JUMP ROPE/HOOPS FOR HEART

MORNING ANNOUNCEMENTS

Below are suggested JRFH announcements we used at Lake Murray Elementary School this year. Encourage your principal of morning news caste to make announcements like this for the 10 days prior to your event date.

Date	Announcement
Monday	Sugary drinks often have lots of calories. By some estimates, to burn off the calories from one 12-ounce can of soda, a 75 lb. person would need to ride a bicycle at a fast pace for about 30 minutes.
Tuesday	The average man's heart pumps almost 2,000 gallons of blood each day. That is how much water some fire departments' tankers trucks can hold.
Wednesday	The extra calories in sugary drinks cannot only pack on the pounds, but they usually don't provide the important nutrients your body needs.
Thursday	Two 20-ounce sodas a day may sound like a good way to quench your thirst, but the sugar adds up. Drink them each day for a year and the sugar will total about 200 cups.
Friday	Capillaries are the smallest blood vessel in the body. How small are they? About 10 of them equal the thickness of one human hair, and most are so small that only one blood cell can pass through them at a time.
Monday	JRFH is this insert event date . Wear red this Friday. Heart fact for today: The heart pumps out about 83 gallons of blood each hour.
Tuesday	Remember to be a heart hero is easy. You have till insert your event date to collect online donations for our JRFH event. Heart fact: Talk about a big heart. The blue whale is the animal with the largest heart. The heart of one blue whale weighed nearly 1,500 pounds
Wednesday	Remember to wear tennis shoes, a red shirt and to bring a water bottle to JRFH this insert event date . We will be jumping rope to some cool tunes. Lub-dub, lub-dub, lub-dub – that's the sound your heart makes as the valves open and close. Now that is a catchy tune!
Thursday	JRFH is tomorrow. Don't forget to wear athletic shoes, red and bring a water bottle. You still have time to be a Heart Hero. Just go to www.heart.org/jump and sign up. Daily heart fact: Physical activity doesn't just build strong muscles, it strengthens your bones and can reduce symptoms of depression. It is like doing two things at once.
Friday	Today is Jump Rope for Heart day. Everyone will enter the gym and jump rope their way to a healthy heart. Remember to bring your classroom spirit and water bottle. Water is important to a healthy heart and does not have any sodium or sugar.