



Jump Rope for Heart!

Students at Cypress and Pleasant Elementary School celebrated their annual Jump Rope for Heart sponsored by the American Heart Association. Every year in February, students joined together to help raise money for kids with special hearts. During heart health month, students learned how to develop healthy habits while remaining physically active. This event motivated elementary school students to engage in a jump-a-thon to raise awareness about making healthy living choices for their own health and helping other kids with heart-health issues. University of California Cooperative Extension, Tulare County was excited to participate in this event and provide children with fun interactive activities. Students were educated on the importance of healthy eating and increasing physical activity to maintain a healthy heart. They also learned important facts about their heart such as the average size and weight of their heart. Good job to both Cypress and Pleasant Elementary schools for making a difference in the lives of others!

