

Jump Rope for Heart

**Hey Kids!**

**Read the message below to partake in the Virtual Jump Rope for Heart, as well as some fun activities each week for the next month!**

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| **Join us for #VirtualJump!**  Starting Monday, May 25, Heart & Stroke is sharing free, downloadable activities for families to do at home together. Each week will focus on a different EASY healthy habit  **The goal is 100,000 kids helping kids and learning healthy habits at home.**  To begin receiving weekly activities throughout the month of June, join us!  [**Join Us**](https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsupport.heartandstroke.ca%2Fsite%2FR%3Fi%3DehPb79iP-rh68ButmgEpzg&data=02%7C01%7CAllison.Tadey%40lethsd.ab.ca%7C8d425c2d745f43e48f6408d7fccc07bf%7C3c0e8b63e64e4c8da40f1d213b670472%7C0%7C0%7C637255825614430218&sdata=V30DDbmLtnqLZodtkkEFF4sK66XUlu6aqIrFn3iqT6I%3D&reserved=0) |

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If you sign up for #VirtualJump, you will get some free activities from Heart & Stroke sent to you at home! Each week will focus on a different **EASY** healthy habit. We will also give you some activity ideas here, too!

For this first week, **E** is for **E**at fruits & vegetables!

To help you eat more fruits & veggies, check out this **website** for some healthy recipes!

<https://produceforkids.com/>

You can use the Fruit & Veggie Tracker document on the Grade Four website to track your healthy eating this week! Happy healthy eating!