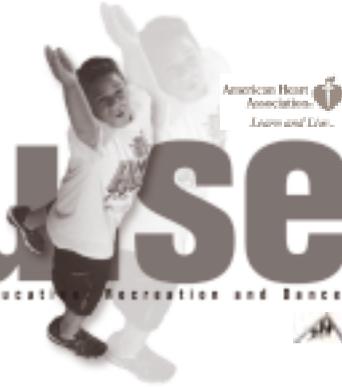


# ThePulse

American Heart Association  
Learn and Live!

American Alliance for Health, Physical Education, Recreation and Dance



## back-to-school

It's that time of year again—Back-to-School! Gone are the long lingering days of summer, now it's back to students, books, and planning for your Jump or Hoops event!

### **The 2004-2005 school year is much anticipated!**

Last year JRFH and HFH raised \$71 million gross dollars — an all time record! We celebrated the success of Jump Rope for Heart over 25 years and launched a new national JRFH/HFH grants program. This year brings another anniversary as Hoops For Heart celebrates 10 years! The AAHPERD JRFH/HFH grant program will continue as will the success of our Joint Projects.

As the fight against childhood obesity continues, AAHPERD and the AHA are excited to announce SUBWAY® as a supporter of the JRFH program. SUBWAY® has designed their new F.R.E.S.H. Steps campaign to encourage kids to eat healthier and exercise more. Check out the F.R.E.S.H. Steps program at [www.subway.com](http://www.subway.com).

Also, in the coming months be on the lookout for AAHPERD's newly designed Jump Rope for Heart, Hoops for Heart, and Pulse Online websites. These sites will have more information, stories, and downloads to keep you up-to-date on the Jump and Hoops programs.

As your gym and classrooms once again fill with students excited about learning I wish you a fun, happy, and healthy school year! Keep on Jumping!

-S. Schoenberg

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websites: [www.aahperd.org](http://www.aahperd.org)  
[www.americanheart.org](http://www.americanheart.org)



See The Pulse on-line at  
[www.aahperd.org/thepulse](http://www.aahperd.org/thepulse)

#### **The Pulse Newsletter**

Volume 5, Number 1

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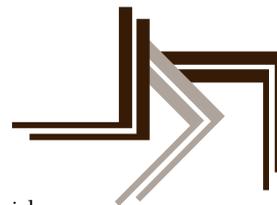
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## **At the Heart of the Matter**

## Research Corner

### Exercise is Key to Reversing Obesity-Related Heart Risk in Children



DALLAS, April 6 – The arteries of overweight children act like those of middle-aged smokers, increasing their risk of an early heart attack or stroke. But the damage can be reversed through diet and regular exercise, according to a report in today's rapid access issue of *Circulation: Journal of the American Heart Association*.

"We were surprised that the children had developed vascular abnormalities at such a young age—and by how readily these could be reversed with simple lifestyle measures," says Kam S. Woo, M.D., chair and professor of medicine and therapeutics and a consultant cardiologist at The Chinese University of Hong Kong.

The researchers studied 54 boys and 28 girls, average age 9.9 years. Based on body mass index (BMI), 28 were deemed overweight and 54 were obese.

The study did not include children with a family history of early heart disease, but the youngsters already showed signs of early atherosclerosis. Using ultrasound, the researchers measured the ability of the brachial artery in the arm to expand in response to increased blood flow. This response is called endothelium-dependent dilation, and is a measure of an artery's reactivity.

A less-reactive artery is a sign of vascular damage and an early feature of atherosclerosis, the disease process that underlies heart disease and stroke. The researchers also used ultrasound to measure the thickness of inner layers in the wall of the carotid arteries, which are in the neck and supply blood to the brain. This measure is a well-established, noninvasive way to assess plaque build-up in the arteries and monitor its progression.

The children hadn't entered puberty, but their vascular test results "matched those of a 45-year-old adult who had been smoking for more than 10 years," Woo said. "Compared to normal-weight children, by adulthood they are three to five times more likely to suffer a heart attack or stroke before age 65."

To assess whether these risk factors could be improved, the researchers divided the children into two groups—diet-only or diet-plus-exercise.

For the first six weeks, all the children met with a dietitian twice a week and followed a 900-1,200 calorie diet that was low in fat and high in complex carbohydrates. Children in the diet-plus-exercise group met with an exercise trainer weekly and were led through a 75-minute program twice a week that included aerobics, resistance training and agility exercises.

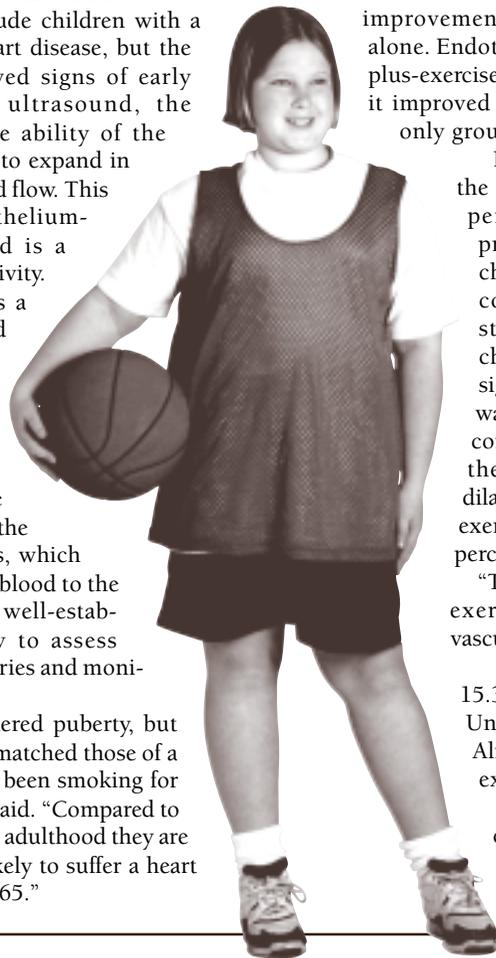
After six weeks, overweight and obese children in both groups had significantly reduced their waist-hip ratio, lowered their total cholesterol and increased their endothelium-dependent dilation. Diet and exercise were associated with a significantly greater improvement in endothelial function than diet alone. Endothelial function in children in the diet-plus-exercise group improved from 6.8 to 8 percent; it improved from 6.9 to 7.5 percent for the diet-only group.

During the next year, the children met the dietitian twice a month and were 80 percent successful in following the prescribed balanced diet. Twenty-two children in the diet-and-exercise group continued training once a week; 19 stopped. At the end of the year, the children who continued exercising had significantly less thickening of the carotid wall and more improvements in body fat content and lipid measures. By the end of the year, the endothelium-dependent dilation increased significantly in the initial exercise group (to 7.4 percent) and to 8.6 percent in those who kept exercising.

"This highlights the importance of regular exercise in preventing obesity-related vascular dysfunction in children," Woo said.

According to government surveys, 15.3 percent of children ages 6-11 in the United States are overweight or obese. Almost half of young people get no regular exercise, Woo said.

"Adopting a healthy lifestyle in childhood is the most cost-effective and practical way to prevent heart disease in adults," Woo said. ♥



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American Heart Association World Wide Web Site: <http://www.americanheart.org/presenter.jhtml?identifier=3020389>

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Christopher W.K. Lam, Ph.D.; Con Metreweli, M.D.; and David S. Celermajer, Ph.D.

# Stories from the Heart



## One Kid Can Make A Difference

By: Tracy Ruda, Youth Market Director, American Heart Association Greater Midwest Affiliate

**J**ump Rope For Heart is a big deal at North Elementary School in Washington, Indiana. Every January, the students and teachers prepare for the event by making daily announcements, talking about the event in their classes and decorating the entrance to the gym with red paper hearts. The event is then held during P.E. classes. There is even an incentive for the top fundraising class. But for one student, second grader Tyler Stoll, there is a very special incentive for participating: to remember and honor his grandfather.

Tyler's beloved grandfather died from a massive heart attack on May 15, 2002. Tyler was at school that warm, sunny day and his grandfather's death came as quite a shock because his grandfather was in good health, did not have a family history, and did not smoke. Tyler and his grandfather were very close, so it was no surprise that when it came time to participate in Jump Rope For Heart the following January, Tyler wanted to make sure his grandfather was remembered. Tyler solicited donations in his grandfather's memory, raised a couple hundred dollars and then jumped rope during his entire P.E. class.

This January as Tyler's P.E. Teacher, Arlene Owens, began to talk about Jump Rope For Heart, Tyler knew he wanted to jump in memory of his grandfather again but decided that he was going to raise even more money - Tyler was on a mission!

Tyler asked all of his relatives to make a donation, he took his Jump envelope to his dad's office and asked everyone there to make a donation, and then Tyler went to local businesses and asked for donations there as well. Once Tyler was done, he had raised \$1,020.00! Needless to say, Tyler's second grade class was the top fundraising class at North Elementary School. When Tyler was asked why he raised so much money, Tyler responded, "If doctors can save more hearts with this money, than maybe somebody's Grandpa won't have to die too." Tyler's mom, Kay Stoll, who was a volunteer at the event, said, "When Tyler told me and his dad that he wanted to raise \$1,000.00 for Jump Rope For Heart, we told him we supported his decision. So, Tyler talked to a lot of people, asked for donations, and even donated his own allowance. We are very proud of him."

North Elementary School's Jump Rope For Heart event raised over \$9,700.00. Tyler Stoll played a big role in helping the school raise so much money. Tyler is a remarkable young man and he proves that anyone, especially kids, can make a difference. The only reward that was important to Tyler was knowing that he helped to save "sick hearts." Mission accomplished! ♥

## Coordinator's Corner

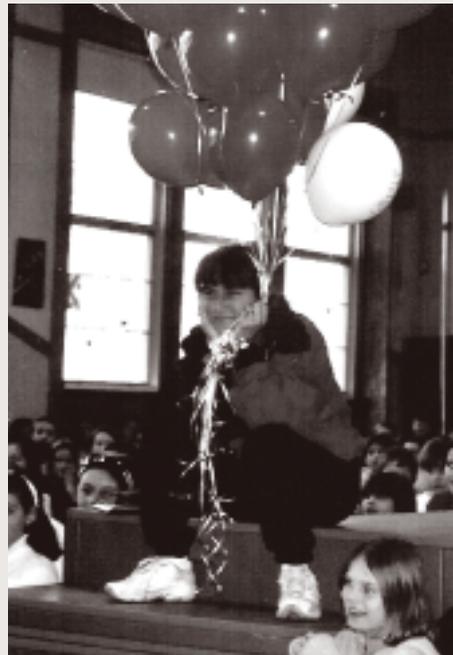
### Christine Bearce, Physical Educator & Vice Principal

Submitted By: Susan Nile,  
Maine JRFH/HFH State Coordinator

**C**hristine Bearce, a physical education teacher/vice-principal at Longfellow Elementary School in Portland, Maine, has been teaching for 31 years. She began her involvement with Jump Rope for Heart 25 years ago and was the only coordinator in Maine to celebrate her 25th anniversary of participating in the program.

Over the course of 25 years, Chris was on the first Jump Rope For Heart task force. She also planned and executed city-wide Jump Rope for Heart events that included all elementary schools in Portland. She has involved Longfellow school in promoting public service announcements for Heart Power, Jump Rope for Heart, and The South Bristol Spin Drifters, the American Heart Association's traveling demo team. She is an AHA Mentor, inspiring others to become involved!

**Thank you Christine for 25 years of JRFH support! ♥**



## Thanks a Million!

By: Jackie Clark,  
Elementary Physical  
Education Teacher,  
Waupun, Wisconsin

I was one of the lucky recipients of the 2003-2004 JRFH/HFH grant. I can't begin to tell you how excited I was when I got the call notifying me that I was a recipient. The first thing I did was tell my principal, who has always supported my program and my JRFH event. I then called the middle school PE teacher who was my inspiration for writing the grant. He suffered a heart attack last September while working out in our fitness center at school at the age of 35. We are lucky to have him with us today to help spread the word about cardiovascular disease and stroke to our students.

We are all faced with budget constraints in one way, shape, or form, but it seems to hit the special areas the hardest. I see our administration's focus on test scores, but my comment back has always been, "I believe test scores are important, but what about their fitness scores. It won't matter what their test scores were if they die at a young age due to cardiovascular disease".

I grew up as one of those kids always having to watch my weight, so I know what it is like. I vowed to myself that when I became a PE teacher, I was going to do my best to help make kids fit and show them that fitness can be fun! Last year was the first year I

*Continued on page 8...*

## Jump Rope Addresses Much More Than Fitness

By: Val Rossman, Physical Educator, AAHPERD JRFH/HFH  
Grant Recipient,  
Coburn Accelerated Elementary, Battle Creek, MI

I've been involved with JRFH for nearly twenty years both as an event coordinator and a demo team coach. For the past 12 years I've been part of a large urban district with many economically stressed neighborhoods and families. I find the heart and soul that some kids put into the event incredible when many come from difficult home situations.

Jump rope and Jump Rope for Heart are outstanding mediums to address across the board motor skills, cognitive skills, social skills and fitness. It is integration and powerful learning at its finest. Kids and jump ropes are just near perfect matches. Fitness and motor skills are quite obvious but if you really watch kids with a jump rope first you'll see a perseverance you don't always get in tasks that kids try. But the big ticket to me is the personal social skills so lacking in our society. Jump ropes and JRFH create the perfect yet not artificial nor contrived activity for delivering the 6 pillars of character education.

### Consider these:

- **CARING** – by participating in JRFH students demonstrate caring for others in need by gathering pledges for donation. I've had inner city kids from very economically stressed homes bring in their own penny jars and donate them. How about the kids who gathered 20 dollars one at a time to give when I know that there was a struggle to put food on the table at home?
- **TRUSTWORTHINESS** – taking a pledge envelope, gathering money and turning every penny of it in on time.
- **CITIZENSHIP** – contributing to a cause to improve the community by fighting the nation's number one killer.
- **RESPONSIBILITY** – following through on permission slips, collecting pledges, turning them in on time and being at the event.
- **RESPECT** – working with others on their JRFH team to accomplish challenges with the ropes, word finds, and posters.
- **FAIRNESS** – during the event allowing others on their team turns to jump and participate.

**So many programs try to teach social skills and character education by talking "about" them or creating artificial scenarios, but JRFH is powerful learning connected to the real world.**

It was a great surprise and honor to be selected to receive one of the first JRFH/HFH grants. It has been nearly 20 years since I have had the chance to join my colleagues for a national convention. Thanks to AAHPERD for the opportunity to attend the New Orleans convention. It was inspiring to gather with so many quality physical educators from across the country in such a festive setting. The JRFH Anniversary celebration was top notch with Rene' Bibaud and the demo team performances! Since I'm in the Midwest I'll be looking forward to Chicago next year – wow, two AAHPERD Conventions in a row!! ♥

# Thank You from Keaukaha Elementary

By: Brady Byers, PE instructor, Hilo Hawaii

**K**eaukaha Elementary is a very special place to be a teacher. I am extremely blessed and honored to be apart of these kids' lives and to teach them the importance of keeping their body active, healthy and strong. As their PE teacher, I am the most popular teacher on campus! I feel very unworthy of all this attention because I don't work nearly as hard as their primary teachers do. I come to get them for their super fun, hour-long PE session and then take them back to class afterwards; I really do have the best possible job there is!

The kids at Keaukaha Elementary are very special too. Most of them come from poverty, but are extremely rich in happiness and love. These are some of the happiest kids I have ever seen or worked with; yet they have nothing (most don't even own a pair of shoes!). What they do have, on a daily basis, is a big hug and a huge smile that extends from ear to ear. They don't take anything for granted; these kids appreciate the smallest things and it doesn't take much to get them excited.

The school has a large population of kids that live in the poorest area of Hilo. They live in tents and shacks at the end of the paved road along the rocky beaches of Keaukaha. Many live without running water and electricity. So coming to school is definitely the highlight of their day. You can only imagine how happy these kids will be when they get to try out all of their new PE equipment thanks to the JRFH/HFH Grant program!

Even with the commotion of the annual May Day celebration my kids at Keaukaha were beaming with excitement when they heard that their school was one of only ten schools in America chosen to receive the AAHPERD JRFH/HFH Grant. They all clapped and cheered when I announced the great news! Then when I told them that I would be flown to New Orleans for the conference and to receive the check, they cheered louder and beamed even more.

Before I left, I spent 5-10 minutes of each PE session educating my classes about New Orleans and how far away it was from The Big Island. I told them I would bring back pictures and postcards, and of course the grant money for the new equipment. One class, Mrs. Iwahashi's class, even sent me off with a good luck card and \$25 telling me how proud of me they were. I was completely awed by all of their support! When I boarded the plane, I felt every one of my 274 kids there with me. I felt as if I were on a mission for each and every one of them!

Personally, I gained many new contacts/friends, knowledge, and wonderful professional experiences at the AAHPERD convention. I look forward to implementing the things I learned with my kids and their new equipment this coming school year! Additionally, I was **extremely** honored to be recognized as one of the grant recipients during the same awards ceremony that my doctoral advisor from the University of Virginia, Dr. Linda Bunker, was honored with the Luther Halsey Gulick Award, the highest award given by AAHPERD. It was very special to hear Dr. Bunker accept her award via telephone, and to have all of my colleagues from the University of Virginia there to honor Dr. Bunker. To be recognized at the same ceremony as my biggest mentor and to have all of my friends there as well seemed too good to be true! Because of my experience in New Orleans, I am putting together a committee to apply for a PEP grant next year in hopes of adding a much-needed outdoor jungle gym to our campus.

We cannot thank you enough for including our little school, in this far away place, on the big island of Hawaii – a school that is rarely recognized for anything more than being in the poorest area of the state of Hawaii and that has little to boast about. You better believe that now we have **A LOT** to boast about – and the kids have! They are very proud of this achievement! My kids send you the best ALOHA spirit they know how and while we are jumping rope from this point on, our “strong” hearts full of gratitude will remain with JRFH for years to come! **MANY MAHALO'S!!!!** (Thank you in Hawaiian). ♥



*Mrs. Iwahashi's class who sent me their personal well-wishes for my trip to New Orleans*



*Micolle & Daniel who put together their own routine lasting 5 minutes to demonstrate for the school at our JRFH event.*



*Mrs. Pitoy's 2nd grade class*



*Mrs. Dodson's 5th and 6th graders*



*Mrs. Kimura's 4th graders, and banner winners for 4-6th grade!!*

# JUMP ACROSS THE NATION

## NORTH ATTLEBORO MIDDLE SCHOOL STUDENTS HAVE HEART!

### RAISE \$70,000.00+ FOR THE AMERICAN HEART ASSOCIATION

Submitted By: Jason Feid, Massachusetts Hoops for Heart State Coordinator, North Attleboro, MA

**W**e hear too often the misfortunes or negative activities of today's youth. At the North Attleboro Middle School we want to spread the word that student's are reflecting *positive* attributes of kids! On April 14th, 865 sixth, seventh and eighth grade boys and girls participated in the school's fifth annual Hoops for Heart event. Coordinated by school physical education teachers Jason Feid and John Dempsey, the kids raised an astounding \$70,000.00+ that will go to fight against the nation's number one and three killers, heart disease and stroke.

To put these numbers into perspective, one needs only to look back at the previous five years of the school's participation and to their standings today compared to other schools across the nation. Jason Feid commented, "Our first year we had 30 students participate and we raised \$630.00. The second year 103 students signed on and raised \$2,700.00. Year number three brought in \$16,811.24 and 323 students followed by their 2002 record breaking event that 503 students attended collecting \$30,722.00. Last year 803 students signed on and raised \$58,711.33. This year our student participation grew by 63 students (865) and our take-in saw a 16% increase!"

To further highlight the student's accomplishments Feid boasted, "Last year we were the number one school fundraiser in New England and the country (for HFH). This year we are first in New England (by \$50,000.00+) and first in all of the United States by \$30,000.00+! (for HFH). The student event average was \$86.00 and the school's top fundraiser, Christopher Patch, raised \$4,300.00!

The event was held after school from 3pm-8pm and included activities such as grade and school-wide "knock-out competition", "fire-away", "3 on 3 round robin tournament", hula hoops, jump ropes, stationary bikes and board games.

Mr. Feid noted, not only did the students help a worthy cause, but the school will also receive a \$3,000.00 gift certificate for physical education equipment for their tremendous efforts. "We were all very excited at the large turn-out of students, it's great to see and recognize a fantastic group of kids working towards a positive goal." ♥



*South Carolina governor Mark Sanford signs the 25th Anniversary Proclamation of JRFH with the support of the Jumping Eagles Demo Team.*



## Jump Rope for Heart/Hoops for Heart Kickoff Brings Out The Queen of Hearts

By: Sue Cook, Youth Market Director  
North Shore and Upper Peninsula Counties of Michigan

**T**he Mio AuSable School, located in Mio, MI, had a great JRFH/HFH kick-off! The Queen of Hearts Brenda Simmons, Physical Education Teacher at Mio AuSable, arrived at the school just in time to help with the event. When she arrived there were more than 500 students sitting in the bleachers. She also saw 100 students standing

on the gym floor with jump ropes, tinkling straps, and moonhoppers getting ready to demonstrate their jumping skills. When the Queen saw what was happening she joined the students and started jumping all around the gym. When she looked up into the bleachers she could not believe her eyes—everyone in the bleachers was also jumping!

When everyone was done jumping the Queen noticed the Mio Thunderbolt Cheerleaders standing at each end of the gym. They were holding very large hoops with the Hoops for Heart logo on them. The Queen knew that where there were cheerleaders and hoops there must be basketball players. So without hesitation she introduced the boys and girls junior varsity and varsity Mighty Thunderbolt basketball teams. What excitement, the band began to play the Rocky song, the basketball players began doing all sorts of basketball drills and demonstrated their skills with shoot-out contests.

The Queen helped by not only raising funds for lifesaving research but by also making sure that all Mio AuSable students developed lifelong heart-healthy habits by participating in the Jump and Hoops for Heart programs. ♥

## Canterbury School

By: Theresa Gemperline, Canterbury P.E.  
Crystal Lake, IL

**I**t started off as most Jump Rope for Heart events do. Carol Sapeta, our area director, was encouraging Canterbury to begin a Jump Rope for Heart program in our elementary school. The event was to include third through fifth grade students. We blocked out a week in April dedicated to Jump Rope for Heart and used it to enhance our fitness curriculum. We began talking with the students and community about the program and there seemed to be excitement about the upcoming event.

Tragedy struck on February 28, 2003. Nancy Hartwig, a 3 - 4 multi-age teacher was with her husband at the doctor's office when they received some very disturbing news. Her husband, Bill, had to be taken to the hospital for an aneurysm located on an artery near his heart. He was given one week to get his affairs in order before undergoing a risky surgical procedure. Bill Hartwig had a successful surgery on March 7, 2003. His recovery was slow, but today he is back to his old self. This tragic event seemed to be a catalyst for Nancy's students.

Nancy Hartwig was so involved with her husband's heart problem that she didn't even notice her students rallying



*Mrs. Nancy Hartwig and Matthew Krammen, the top money fundraiser for Canterbury's 2003 Jump Rope for Heart event.*

to raise funds for Jump Rope for Heart. Her students took it upon themselves to find a way to give back to the community and possibly help their teacher's husband in the process. This incident propelled the students fundraising efforts to phenomenal proportions; a major accomplishment considering that this was an entry level program and only 10 classrooms participated. The total amount raised in 2003 at Canterbury School was a little over \$4,000. Mrs. Hartwig's class single-handedly raised more than 25% of those funds! ♥

# Jump Station Ideas from Cub Run Elementary

By: Lisa Homan, Director of Youth Markets, Mid-Atlantic Affiliate

This year Cub Run Elementary School, located in Centerville, VA, held a Jump Rope for Heart event for the first time in over 4 years. They had over 250 kids participate with 175 of those kids raising over \$11,692.13! The success of this event was largely due to parent support — the parents at this school do almost anything for the PE teachers.

Every Monday in Fairfax County, VA elementary schools have an early release day. Many schools take advantage of this and host their JRFH events from 1-3 p.m. This is what Cub Run did! Grades 1-3 were stationed in the cafeteria and grades 4-6 in the gym. Each group of kids rotated through approximately 15 stations. PE teachers, Jennifer Murray and Chris Dofflemeyer, had parents manage each station.

## Here are some of Cub Run's station events that you can try at your next event:

1. **Pin the "heart" on Bart** (sticking body parts to a cut out laminated figure called Bart)
2. **Did you know?** (using activities from the JRFH education kits)
3. **Jump Rope skills**
4. **Hopscotch w/different activities** (jumping jacks, stair master steps, etc) based on what students roll
5. **Limbo**
6. **Wall Jump** (how high can you jump)
7. **Long Rope activities**
8. **Learning about food labels**
9. **Jump Rope Challenge** (# of jumps in a row, 20X backwards, & favorite jump skill/trick)
10. **Long rope** (how many times can the group jump together)
11. **Nutritional Search Game**
12. **Code Letter Puzzle Game**
- 13 & 14. **Practice a jump routine as a group & get video taped**
15. **Snack station** (Gatorade/juice, fruit, popcorn,& cookies—all items were donated)

**Welcome Back to Jump Rope for Heart Cub Run Elementary! ♥**

*Thanks A Million! Continued from page 4...*

was given the opportunity to have a "Fit 4 Life" class during the lunch hour for my students who needed a little extra physical activity in their life. This was a powerful experience. Some of my students made incredible gains not only in their fitness levels, but with their self-esteem as well. My students now understand that physical education is not just for athletes, but for EVERYONE. Students know the 5 health-related fitness components and their own strengths and weaknesses. Parents thanked me again and again for caring about their child and giving my free time to make a difference with the "Fit 4 Life" classes.

The AAHPERD JRFH/HFH grant also allowed me the opportunity to travel to New Orleans for the AAHPERD Convention. WOW, it was awesome! I met so many professionals all believing and caring about the fitness of children. It was very inspiring! There are thousands of professionals, just like myself, who are working to make our nation's children fit and LOVE every minute of it. I encourage everyone who hasn't had the opportunity to go to a National Convention to do it! Next year it is in Chicago, only a 2 1/2 hour trip for me — I'll be there! Keep on Jumping! ♥