



CAHPERD
JUMPING
FEB. 1
2010
OVER the Record
FROM DOWN-UNDER!



Help CAHPERD Break a World Record!

On February 1, 2010 at 9 a.m., CAHPERD, in partnership with the American Heart Association and Governor's Council on Physical Fitness & Sports, plans to lead Californians of all ages in an attempt to break the World Record for:

***"Most People Jumping/
Skipping Rope at the
Same Time!"***

Currently, the Record is held by Australia at 59,000 people. CAHPERD hopes to lead over 80,000 people (in celebration of CAHPERD's 80th Birthday), in "Jumping Over the Record from Down Under!"

- Sign-up Today!
Be a Participant!
- Become a CAHPERD
Volunteer Leader!
- Engage Students & Adults
of all Ages to Skip Rope!
- Promote the Importance
of Physical Education &
Activity for Life-Long
Health and Wellness!

Special, one-time
Commemorative World
Record Event Jump Ropes,
T-Shirts, Polo Shirts, and
others available through
www.cahperd.org!

*For further information or
to Jump on Board, please
check: www.cahperd.org or
call: (916) 922-3596.*