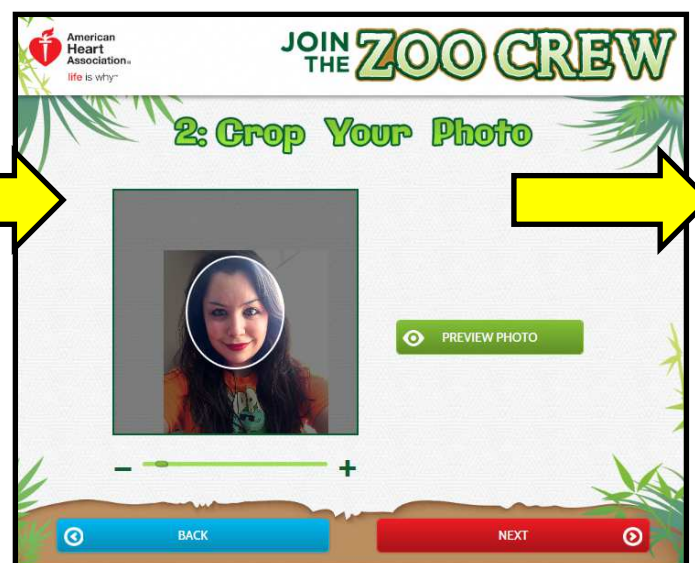
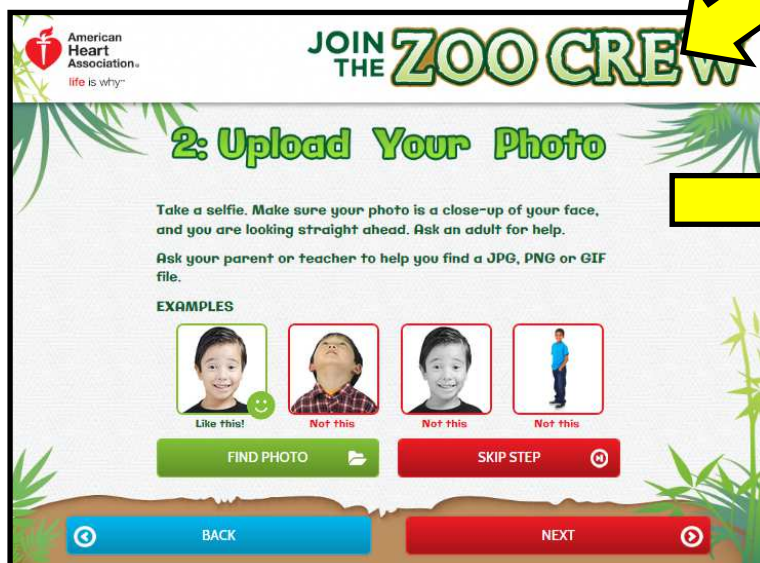
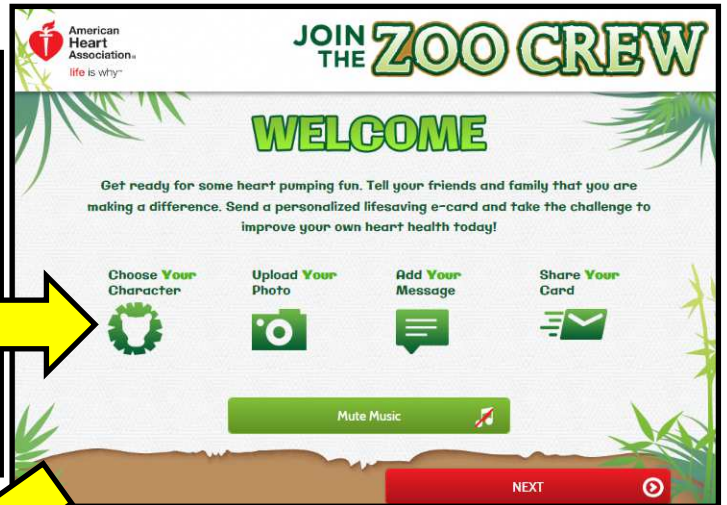


# NEW! Share Heart Healthy Challenges with the E-Card!

## Step by Step Instructions and Screenshots

- ♥ Go to [heart.org/jump](http://heart.org/jump) or [heart.org/hoops](http://heart.org/hoops)
- ♥ Register with your school or log into your account
- ♥ Scroll down on your HQ (home page) to find "Step 2: Zoo Crew E-Card Challenge" and click on "Take the Zoo Crew Challenge"



American Heart Association. life is why™

# JOIN THE ZOO CREW

## 2: Take a Challenge



Pick from one of the choices below and we will customize your message letting friends and family know you have taken the challenge. We will also send you some information to help you meet your goal.


- Be physically active for 60 minutes everyday
- Choose water over sugar drinks
- Eat at least one serving of fruit or vegetables at every meal
- I am learning how to take care of my heart

BACK NEXT

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# JOIN THE ZOO CREW

## 3: Add Your Message



Tell your friends and family that you are raising money to help save lives. You can use the message below, but we suggest you write your own message and tell them why it is important to you.

I'm doing an important event at my school for the American Heart Association and raising money to help others with special hearts. Will you help me by making a donation today?

I'm also learning how to take care of my own heart by making healthy choices. In fact, I'm taking a challenge today to be physically active for at least 60 minutes a day and I challenge you to do the same! Exercising every day makes your heart healthy and strong.

Please join my challenge and make a donation so you too can be a heart hero like me! Oh, and check out the eCard I made for you of my favorite Zoo animal.

BACK NEXT

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# JOIN THE ZOO CREW

## 4: Share Your Card

Share on Facebook

Your Name: Carissa Duro

Email Family and Friends:

carissa.duro@heart.org x Email 2

Email 3 Email 4


Email 5 Email 6

Email 7 Email 8

Email 9 Email 10

BACK NEXT

This is what the email will look like to a recipient:  
Be Physically Active for 60 Minutes Challenge:




A Personal message from Carissa.

I'm doing an important event at my school for the American Heart Association and raising money to help others with special hearts. Will you help me by making a donation today?

I'm also learning how to take care of my own heart by making healthy choices. In fact, I'm taking a challenge today to be physically active for at least 60 minutes a day and I challenge you to do the same! Exercising every day makes your heart healthy and strong.

Please join my challenge and make a donation so you too can be a heart hero like me! Oh, and check out the eCard I made for you of my favorite Zoo animal.

Donate



**Fruit/Veggie Challenge:**

I'm doing an important event at my school for the American Heart Association and raising money to help others with special hearts. Will you help me by making a donation today?

I'm also learning how to take care of my own heart by making healthy choices. In fact, I'm taking a challenge today to eat at least one fruit or veggie at every meal and I challenge you to do the same! Fruits and veggies have important vitamins and nutrients that are good for our hearts!

Please join my challenge and make a donation so you too can be a heart hero like me! Oh, and check out the eCard I made for you of my favorite Zoo animal.

**Water Over Sugary Beverages Challenge:**

I'm doing an important event at my school for the American Heart Association and raising money to help others with special hearts. Will you help me by making a donation today?

I'm also learning how to take care of my own heart by making healthy choices. In fact, I'm taking a challenge today to choose water over sugary beverages and I challenge you to do the same! Eating or drinking too much sugar can lead to heart disease and diabetes.

Please join my challenge and make a donation so you too can be a heart hero like me! Oh, and check out the eCard I made for you of my favorite Zoo animal.

Send 10 E-Cards and Receive Rory's Zoo Crew Badge!

