



Jump Rope for Heart Turns 40!

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You might have grown up with it, or it might be time for the little ones in your life to get involved. This year, there's lots to celebrate as the Heart Foundation's Jump Rope for Heart reaches a milestone birthday.

What is Jump Rope for Heart?

Jump Rope for Heart is the Heart Foundation's primary school skipping challenge that helps kids move more, have fun and raise funds for lifesaving research and programs.

Three (3) out of four children aged 5 to 14 don't get the recommended 60 minutes of physical activity per day [1], putting them at greater risk of cardiovascular disease as adults.

Jump Rope for Heart gets kids excited about exercise and eating well, teaching them to form heart-healthy habits that can last a lifetime. By seeking donations for their skipping achievements, they also learn how their actions can help others.



How Successful Has the Program Been?

Since 1982, primary schools across Australia have raised over \$100 million for vital cardiovascular research, support and programs that help save lives, with over 10 million students having skipped their way to a healthier heart.

What Would We Like for Our 40th Birthday?

This year, we'd like to see our participating students clock up to 40,000 hours of skipping across the country. It's our biggest-ever goal, and we're looking for 1,000 amazing primary schools to help us get there.

What Else is the Heart Foundation Doing to Get Kids Moving More?

We are currently funding several research studies on this very topic:

- Dr Stephanie Schoeppe, Central Queensland University, is investigating a family-based smartphone intervention to support children and their parents to become more active and less sedentary.
- Associate Professor Hayley Christian, University of Western Australia, is exploring how early childhood environments can be optimised to improve physical activity in the early years.
- Dr Rona Macniven, University of New South Wales, is studying how physical activity can improve the cardiovascular health and wellbeing of Aboriginal and/or Torres Strait Islander Peoples, including predictors of physical activity in children.

Read more here: jumprope.org.au

References

- [1] Australian Institute of Health and Welfare. Australia's children. 2020. <https://www.aihw.gov.au/reports/children-youth/australias-children/contents/health/physical-activity>. [accessed 10.2.22].