

Name _____



SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart and Hoops For Heart programs.

Homework with Heart

Hey, kids, are you ready to join **the Zoo Crew** and do your part for heart health? Your first step is to register online. Check off the steps below as you complete each one.

Sign up.

- ♡ Start at heart.org/jump or heart.org/hoops. Find your school using the drop-down menu and then join your school's team.
- ♡ Create your login and fill out your profile. Write down your username and password in case you forget them.
- ♡ Set your fundraising goal.
- ♡ Review the waiver with your parents and click "I Agree" to accept it.

You're now registered! Click "Continue" to go to your **Zoo Crew HeadQuarters**.

Parents: We're learning how to be heart smart! Here are a few of the things we're focusing on:

- eating plenty of fruits and veggies
- choosing water over sugary beverages
- getting physical activity every day
- avoiding tobacco and e-cigarettes
- watching out for too much sodium

Send e-cards to challenge friends and family to develop heart-healthy habits.

- ♡ On your Zoo Crew HeadQuarters page, click on the image below "Zoo Crew E-Card Challenge."
- ♡ Ready to make your e-card? Choose your character and background.
- ♡ Add your own picture, with your parents' permission.
- ♡ Choose a heart-health challenge. Your choices are to be physically active for 60 minutes each day, choose water over sugary drinks, or eat at least one serving of fruits or vegetables at every meal.
- ♡ Write a message or use the one provided.
- ♡ Add email recipients and send your card.

That's it! If you want to share with more people, click "Share on Facebook" with your parents' permission or "Send More" to add more email addresses. Sending e-cards is a great way to spread the message of heart health and unlock fun surprises in your **Zoo Crew Expedition** map.

Meet the Zoo Crew!

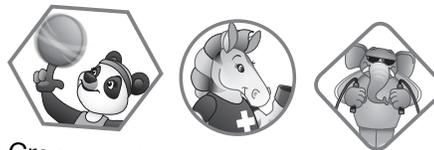
As you complete your e-card challenge, look for clues to identify the Zoo Crew characters below. Shade in each correct answer.

Which character has a roar that can be heard from five miles away?



He loves to roar about heart health!

Which zoo pal puts a fun "spin" on eating fruits and veggies at every meal?



Which Zoo Crew member can stay underwater for up to 20 minutes?



He keeps his heart and lungs strong by staying far away from cigarettes and tobacco products.

Which zoo friend works to "chop" sneaky sodium from foods?

