



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](http://www.cahperd.org)!

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