



**CALIFORNIA ASSOCIATION  
FOR HEALTH, PHYSICAL  
EDUCATION RECREATION &  
DANCE (CAHPERD):**

**“Jumping Over the Record from  
Down Under!”**

**Monday, February 1, 2010**



## WHO IS CAHPERD?

- The California Association for Health, Physical Education, Recreation and Dance (CAHPERD), founded in 1930, is a nonprofit, voluntary membership association made up of health and wellness professionals wishing to promote quality school, community and statewide programs of health, physical education, recreation and dance.
- CAHPERD members include Physical Education instructors, Coaches, After-School Program Coordinators, Dance Instructors, Health Educators, Wellness Professionals, Parks and Recreation Physical Activity Leaders, Certified Fitness Professionals and many others throughout the State of California (and World).



# CAHPERD GOAL FOR 2010: “JUMPING OVER THE RECORD FROM DOWN UNDER!”



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

- Kick JRFH up a notch (or 80,000)!
- Break World’s Record for “Most People Jumping/Skipping Rope at Same Time”
- Present Record = Australia: 59,000.
- **CAHPERD Goal: 80,000 for CAHPERD’s 80<sup>th</sup> Birthday!**



# HOW WILL CAHPERD DO IT?

- Led by CAHPERD Coordinators/Volunteers.
- All California Schools, Colleges, Companies, Fitness Orgs, Offices, etc. to Participate.
- Coordinated through Live Webcast.
- Feb. 1, 2010 at 9 am – Everyone Jump!
- CAHPERD Partners Confirm Participant Numbers.



# WHO ARE CAHPERD'S PARTNERS?

American Heart Association:  
"Jump Rope for Heart"  
Program

California Governor's Council  
on Physical Fitness & Sports:  
"Governor's Challenge"



# ALL CAHPERD LEADERS GET PERKS (IF YOU SIGN UP TODAY)!!

- Confirm to lead your school/org: get **FREE** Commemorative Jump Rope!
- Join or Renew CAHPERD Membership & Lead school/org: get **FREE** Commemorative T-Shirt & Jump Rope!



## CAHPERD VOLUNTEER LEADERS GET BEST PERKS!

- Become CAHPERD Unit/Regional Rep, and;
- Join or Renew Membership & Lead Your School/Org/Region (**RIGHT NOW!**):
- You will Receive:  
**FREE Commemorative Polo Shirt & a FREE Commemorative Jump Rope!**

