



Alana Galloway at Birch Wathen Lenox School.

Photo by: Sara Herbert-Galloway

## **JUMP ROPE for Heart**

### **Birch Wathen Lenox School**

By: Sara Herbert-Galloway

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New York City, March 16, 2007 - The Birch Wathen Lenox School (BWL) is an independent school in New York City. BWL's fitness department organized Jump Rope for Heart to help raise awareness for the American Heart Association.

The entire lower school, grades 1 through 5 and faculty participated enthusiastically.

The children practiced jumping rope for more than a month gradually increasing their fitness and endurance. They also created beautiful posters to show what the cause meant to them. The posters will be on display at the American Heart Association's Annual Heart of the Hampton's Gala on July 7<sup>th</sup> on the grounds of the Hayground School in Bridgehampton

#### **Why Jump Rope for Heart?**

Jump Rope for Heart promotes the value of physical activity to elementary school children. It teaches children that they too can contribute to society and make a difference.

Over 15% of children and adolescents are over weight.

For the first time in history children's life spans are predicted to be less than their parents due to inactivity and obesity.

Cardiovascular disease ranks as the No. 3 cause of death for children under age 15.

Heart Disease is our nations No.1 killer; stroke is No. 3.

For more information contact:

The Birch Wathen Lenox School

[www.bwl.org](http://www.bwl.org)

The American Heart Association

[www.americanheartassociation.org](http://www.americanheartassociation.org)

For East End Gala Information

Contact Barbara Poliwoda at (631)734-2804

To list an upcoming event please contact:

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