



## Wyoming Department of Education

Dr. Jim McBride, Superintendent of Public Instruction  
Hathaway Building, 2nd Floor, 2300 Capitol Avenue  
Cheyenne, WY 82002-0050

Phone 307-777-7673 Fax 307-777-6234 Website [www.k12.wy.us](http://www.k12.wy.us)

---

### MEMORANDUM #2008 - 117

**TO:** District Superintendents  
School Principals

**FROM:** Jim McBride, Ed.D. 

**DATE:** August 22, 2008

**SUBJECT:** Jump Rope For Heart/Hoops For Heart

---

### INFORMATION TO SHARE

I would like to take this opportunity to communicate my heartfelt support for the American Heart Association and its “Jump Rope For Heart”(JRFH) and “Hoops For Heart” HFH) events. Many Wyoming students today face enormous health challenges brought on by obesity and physical inactivity. Most overweight students have at least one major physiological risk factor for cardiovascular disease (besides being overweight), such as high cholesterol, high triglycerides, and high insulin or high blood pressure. For this reason, we wish to partner with the American Heart Association.

The American Heart Association (AHA) has set ambitious goals in battling obesity and the consequences it brings. By partnering with the AHA through these events, it allows us to make an active difference with our students and staff, while at the same time giving back to the state. In return for holding an event, the state of Wyoming receives many benefits. Wyoming receives 100% of its Wyoming Alliance for Health, P.E., Recreation, and Dance (WAHPERD) program budget from the American Heart Association; the AHA advocates for strong state and local health policies, sponsors cardiovascular research for Wyoming, communicates important health messages through-out the state, and much more.

I want to say “Thank You!” to those educators who already support the JRFH/HFH event, and I encourage you to make this event more powerful by giving it your all. For those of you who are considering sponsoring or taking part in an event, let me say this, “Just Do It!” and let's make a difference by being part of the fight.