



**JUMP
FOR OUR**

HEART

PLEDGE PACKET



PLEDGE PACKET

Welcome to our First Annual Jump for Our Heart Fundraiser!

Jump for Our Heart aims to live our mission to support the physical, financial, and educational pursuits for excellence. As we continue to honor the legacy of Lawrence Dunn Sr. through our Innovating programs, we are so excited that you are considering partnering with us on our first one.

The proceeds of *Jump for Our Heart* is a fundraising and event program conducted to raise funds for our first program, Back-to-Us Scholarship. We aim to raise \$30,000 towards support funds for ages 15-25 that need to pay for SAT/ACT/Workkeys fees, book for upcoming studies in college or post-secondary, supplement room/board support, and our annual goal. Please see our website for more details. Go to www.lawrencedunnrfdoundation/BacktoUSScholars for more information.

Are you not able to jump but want to support us? Please see the alternative exercises, such as chair exercises and marching in place instead of jumping rope. We detail potential practices to complete to get healthy and prevent injury.

In this packet, you will find the following:

- Jump for Our Heart Fundraiser Information Page
- Sign-Up Portion and Medical Release
- Pledge Sheet
- Log Sheet (can also share your results via Fitbit, Apple Health Kit, etc.)
- Alternative Exercises to include all abilities levels

Please reach out to us with any questions at 404-590-7523 or support@lawrencedunnrfdoundation.org.

Thanks for joining us on our first fundraiser. Please consider joining our community and becoming a sponsor for our annual campaign.

Sincerely,

Lawrence Dunn Jr.
Executive Director

Are you ready to join our cause? Sign up in the next page!



The Lawrence Dunn Sr. Foundation



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Jump for Our Heart Fundraiser Information Page

What is Jump for Our Heart?

Jump for Heart is a fundraising and event program conducted by Lawrence Dunn Sr. Foundation to raise funds and help to fight heart disease. This activity aims for our foundation to gain more funds to create more programs to support our youth, senior citizens, and organizations that need development. More importantly, we will do a little more to get our bodies moving for Spring.

Benefits of Jump Roping?

- When you jump, your body becomes accustomed to supplying more oxygen and blood to your muscles.
- This exercise improves the functioning of the heart and lungs.
- Jumping improves balance and muscle coordination.

Dates of the Fundraiser: May 9, 2022 - June 9, 2022

How to Join:

1. Send the link or email your friends this page and pledge sheet.
2. Commit to a period of time (3 minutes - 20 minutes) that you will jump rope or alternative exercise.
3. Ask your network to pledge \$1.00 per minute that you pledge to jump.
4. Follow us on Facebook, Instagram, Website.
5. Check in on our social media/email channels to let us know you are doing
6. Collect your pledge money and send it via our GoFundMe page by **June 11, 2022**.
7. Join us on our live telecast as we showcase you, enjoy tips for the health community, and enjoy entertainment from our national partners.

Thank you for supporting *Jump for Our Heart!*



The Lawrence Dunn Sr. Foundation



Thank you for supporting "Jump for Our Heart"! Sign-Up Portion and Medical Release

Please complete the following:

Name: _____ Phone # : _____
Address:: _____ Email: _____
_____ Profession: _____

Can you tell us the reason for joining this cause?

Please label and add your before picture or text your picture to 404.590.7523. Be sure to add your name.

Medical Disclaimer :

The information In this packet is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, contained on or available through this website is for general information purposes only.

PLEASE ALWAYS consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition and/or if you are pregnant, nursing, or elderly.

Please sign that you understand and release the foundation from any liability.

Printed Name:

Signature:

Date:



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Alternative Exercises for all Abilities Levels

- Before conducting the jumping activity, make sure to follow the following:
- consult a doctor before starting any exercise program
 - wear a comfortable outfit for jumping
 - set aside water for hydration
 - prepare a timer, pen, and paper for recording your jump/alternative exercise
 - make sure to warm up 3 -5 minutes before exercising cool down 3-5 minutes after

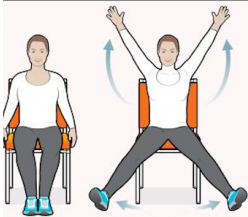
Chair Exercises Routine



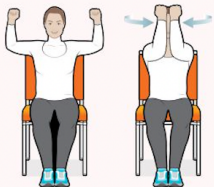
GET READY. Focus on posture: Sit on your sitz bones (if you sit on your hands, you can probably feel them) rather than your tailbone. Tighten your belly (think about bringing your belly button toward your spine), lift the rib cage, hold your neck long and straight, and tuck your chin down and back so you feel a long stretch on the back of your neck. Feel like you have a string pulling up from the top of your head, suggests Mary Ann Wilson, RN, an ACE-certified trainer and host of *Sit and Be Fit* on PBS for almost 27 years. Breathe from the belly (you want your stomach to expand, not just your chest). That alone can be a tough position to hold at first! But work to build it up, because you'll need it for every other move you do.



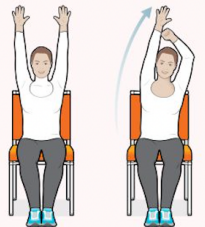
MARCH IN PLACE. While you're holding an upright posture, march in place with your seat firmly planted. Swing the opposite arm as you march each foot forward. Anne Pringle Burnell, an ACE- and Aerobics and Fitness Association of America-certified trainer and founder of Stronger Seniors, suggests alternating marches with toe taps and heel taps. An easy choice for [adding] aerobics is when you reach and tap one toe forward, reach hands forward at the same time, Burnell says. Use either the same or opposite arm or both arms at once. You can reach higher and higher, or do a little boxing maneuver with jabs, uppercuts, a cross punch, and a hook. If you're new to exercise, marching in place with arm movements for 20 minutes will get your heart rate pumping to aerobic levels.



SEATED JUMPING JACK. It's no great leap to modify some traditional moves. Nicole Nichols, an ACE-certified personal trainer and fitness expert at *sparkpeople.com*, recommends the seated jumping jack. Start with knees bent and arms resting at your sides; then extend your legs, straight and wide, with heels on the floor, and raise your arms in a V. Then bring your limbs back to the center. Repeat for several minutes. It does actually elevate the heart rate and give you an aerobic benefit, but the key is to do it long enough at least 10 minutes or so, Nichols says.



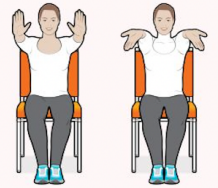
DO THE PEEKABOO. This will work your entire upper body, says Langdon. Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat as long as you can hold proper form. Your back, chest, and arms will get a workout.



RELEASE SOME TENSION. Take a little back break during the day! Burnell says. This move works well even for office folks who have to sit at a desk, says Burnell. With the best posture you can muster, stretch and reach your arms overhead so that you're lengthening your spine. Alternate moving your hands as though you're climbing a rope, pulling yourself up. You'll notice that you're getting movement in your rib cage and spine. This is a great exercise to get people to not squish their spines, Burnell says.



MOVE YOUR JOINTS. We need to lubricate the joints, which means moving those joints in a gentle way, says Wilson. She says to get synovial fluid (the liquid that protects joints) moving, picture a sponge between each joint. When you flex it, you wring it out, and when you relax it, liquid is let back in. Shoulder rolls are great for this because they make four major muscle groups meet. Bring your shoulders forward, up to your ears, back, and then relax. Repeat as long as it feels good. Before you switch to roll your shoulders backwards, Wilson suggests letting your arms hang and swing gently, like pendulums. Its great for the rotator cuff, she says. Lubricating that joint with that pendulum move is something just about everybody can do.



FOCUS ON EXTREMITIES. Langdon suggests working the wrists first. Hold your arms straight in front of you and flex the wrist, as though you're saying 'Halt!' Then rotate your palm so your fingertips point toward the floor. Repeat until you feel the stretch. When working the ankles, Langdon suggests drawing letters of the alphabet with each foot. Spelling your name, writing love notes to [your] sweetie, whatever! If you add resistance bands or light [ankle] weights, you can get a genuine strengthening workout as well, she says.



GET HEAVY. Adding some light exercise weights (dumbbells, weighted balls, or even a soup can) or resistance bands is an important way to gain strength. Nichols suggests getting a resistance band (found at some discount stores for as little as \$3) and anchoring it by sitting on it. Now you can work your entire upper body holding the ends of the band in your hands, try starting with bicep curls.

If you put all these moves together, you can work up to your 30 minutes of exercise per day. But if you're not there yet or don't have time for one longer workout, don't fret. You can exercise in 10-minute chunks. And if you're just starting off, start slow and listen to your body. You should not have any pain when you're exercising, says Wilson. If you go to a point of mild discomfort, then back off.

Talk to your doctor before making any big change in your exercise plan.

Are you ready to join our cause?





Jump for Our Heart Pledge Sheet

Please complete the following:

Name of Participant: _____

Minutes of Jump Roping Pledged: _____

NAME	ADDRESS	EMAIL/PHONE
	TOTAL:	

Thank you for joining "Jump for Our Heart!"

Print as many copies as you want.

Want to send it electronically? Complete our online form, see the link on our website

Text a pic of paper pledges to 404.590.7523 or send it to our email at

support@lawrencedunnsroundation.org



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Jump for Our Heart Log Sheet

Please complete the following:

Name of Participant: _____

Minutes of Jump Roping Pledged: _____

DATE	TIME	DATE	TIME	DATE	TIME	DATE	TIME
						TOTAL TIME LOGGED:	

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