



FOR IMMEDIATE RELEASE

DATE

School feel the beat for Heart Children in NZ's largest aerobics class - Pg 1

Pupils from _____ School can't wait to take part in Heart Children New Zealand's Heart Jam. At 10 o'clock on Friday 28 May they'll do just that. And it'll be double the fun because while _____ School are jumping and jiving to help kids with heart conditions, schools around the country will be jammin too, in what will be New Zealand's largest aerobics class.

Based on the ever popular JUMP JAM and choreographed by creator, two-time World Aerobics and eight times National Champion Brett Fairweather, Heart Jam is big on energy and big on fun. Though the choreography is get up and go, it is also easily modified to suit the individual needs of children living with a chronic condition.

Brett sees a natural fit with JUMP JAM supporting Heart Children NZ. "Aerobic exercise is all about using your heart and through Heart Jam _____ School will be using their hearts to help kids in their community living life with heart disease."

Heart Jam is part of Heart Children NZ's appeal week, (Sunday 23 May – Saturday 29 May) and is designed to promote participation, discussion and foster a greater understanding of how heart conditions affect children. It's also a week where Heart Children seek to raise funds for the vital services it provides.

"Heart Jam is all about kids helping kids," says Heart Children NZ's Event Manager Liz Beck. "It's an excellent resource for schools, adding value to the school curriculum and of course it's a lot of fun too. We're extremely grateful to the staff and pupils of _____ School for their energy and commitment to help children living with the daily challenges of a heart condition."

Pupils from _____ School will bring a gold coin donation when they participate in Heart Jam. All monies raised will go directly to Heart Children's Child & Youth services to support children in the community.

There are 12 babies born every week with a heart defect, that's 600 additional children affected every year. An additional number of children will develop a heart condition often through rheumatic fever. For many it will be a lifelong challenge. Heart Children NZ is the only organisation dedicated to supporting these children and their families from birth through to adulthood and beyond.

For more information on Heart Children New Zealand visit www.heartchildren.org.nz. Make a \$20 donation today by calling 0900 4 HEART.

-ENDS-

Contacts to follow ...



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Heart Children NZ's Media Spokesperson

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