About the American Heart Association

For nearly 100 years, we've been fighting heart disease and stroke, striving to save and improve lives. From humble beginnings, the AHA has grown into the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. Heart disease is the No. 1 killer worldwide, and stroke ranks second globally. Even when those conditions don't result in death, they cause disability and diminish quality of life. We want to see a world free of cardiovascular diseases and stroke. Our size and scope let us have a real impact. The AHA has invested more than $5 billion in research, making us the largest not-for-profit funding source for cardiovascular and cerebrovascular disease research next to the federal government, all in effort to be a relentless force for a world of longer, healthier lives.

The purpose of this challenge is to raise funds for the American Heart Association by jump roping 15 minutes a day throughout October.

How can I tell this challenge is sponsored by the AHA?

We understand you want to be sure that your funds are really going to fighting heart disease and stroke. There are a few ways to ensure that you're really supporting the American Heart Association. At the top of the group page, at the bottom of the banner image, you will see a label saying "Group by American Heart Association" which links to our official Facebook page. Additionally, under the "Members" tab, you will see our official Facebook page listed as a group admin. Lastly, we list all of our challenges on our website here, so you can keep up with the latest ways to support us.

Registration Process

Is the registration free?
Yes, the registration is completely free. We strongly encourage you to start a fundraiser so you can help the American Heart Association with our mission.

Where do I register?
After you join the Facebook group, you can register for a jump rope with the link in the Facebook Group, and then follow the link to create your Facebook Fundraising Page!

My family member/friend wants to join. How can they do that?
That's great! Ask them to follow the link in the Facebook group to register and set up a fundraiser page.

When will I get my registration jump rope?
Once you complete the registration, and receive your first donation, please allow two to three weeks for it to arrive.

Is there a deadline to register?
The registration will remain open until September 30, 2023. We have a limited supply of jump ropes, so register early to guarantee you'll receive a free gift.

Is there an age limit to take part in the challenge?
No. There is no age limit, but we do want people to feel comfortable with the challenge and not push beyond their limitations. Remember: if you are under 18, you need a parent or a guardian to agree you can take part in the challenge.

Donations

Can I donate to my own page?
Yes, of course! Lead by example - then invite friends and family to donate as well.

Can one person donate more than once?
Yes. There are no limits on how many donations one can make.

My friends don't have Facebook. Can they still donate to my fundraiser?

Unfortunately, they cannot donate on Facebook. They can donate online to the American Heart Association HERE. Or they can mail a check with this form to:

American Heart Association
PO Box 840692
Dallas, TX 75284-0692

How much do I have to raise?

Facebook fundraisers are automatically set up with a target amount, but you can customize it. Every dollar we raise helps us fight heart disease and stroke.

My friend made a donation with the wrong amount. Can they get a refund?

Please have your donor reach out to Facebook using this link.

My page still has no donations. How do I encourage people to donate?

Sorry to hear that! Have you invited friends on Facebook to donate? A great way to kick off your fundraising is by posting the fundraiser to your Facebook page and tagging friends to ask them to give.

My friend is in a different country and wants to donate. Is that possible?

If Facebook is available in their country, yes, they can. If they can't donate through Facebook, they can donate directly to the American Heart Association HERE.

I have collected money offline - How can I send these donations?

You can always donate the amount to your own fundraiser via credit card, or you can send a check with this form to:

American Heart Association
PO Box 840692
Dallas, TX 75284-0692

About the Challenge

Can I start the challenge without my jump rope?

Absolutely - you can start jump roping and tracking your progress on the first day of October. When your jump rope arrives, snap a picture of it and post it to your fundraiser and in the group for everyone to see! If you don't

have a jump rope at all, you can get almost all the same benefits from "faux jump roping" or "shadow jumping" which is simply doing a jump rope motion without the rope.

Can I start early/finish after?
Our goal is to jump rope 15 minutes a day during the month of October, but you can start and finish a bit early to reach your goals!

How do I track my progress?
We suggest you share your jump roping progress on your fundraising page, and keep track of your goals using our PDF tracking document. You can find the tracking document here, and in the featured section of the Facebook group. Take a pic or screenshot and post your updates on your fundraising page so your friends and family see and donate to the American Heart Association.

Can I do more than 15 minutes a day?
Of course! If you want to set your own goal - go for it!

What if I fail to complete the challenge?
We would love to see everyone completing the challenge, but we understand that jump roping 15 minutes every day might not be feasible for an entire month - every minute you log gets us closer to our goal, so thank you for participating!

Do I have to provide proof of completion?
Absolutely not! We trust you! But it is a great idea to post updates on your progress to your fundraising page to help encourage others to donate and keep going.

Jump Rope

My jump rope hasn't arrived yet. When can I expect it to be delivered?
After you have registered for the jump rope and received your first donation, please allow at least two to three weeks for delivery. If it has been longer than that, send us an email at challenges@nonprofitmegaphone.com, and we will work to fix the problem!

Can I receive more than one jump rope?
At this time, we're only able to send one jump rope per fundraising page. Do you have a friend or family member who could also register and create a fundraising page? Once you (and your friend or family member) receive

your first donation each, we'll process and send one jump rope per fundraising page.

About the Fundraising Page

Where do I set up my fundraising page?
Just follow the link in the Facebook group to register. Once you fill out the form, click the "Submit & Activate a Fundraiser" button, and you will be directed to your fundraiser. There you can edit the name, donation target, and invite your friends to follow you.

Is my fundraising page public?
Yes, once you set up a fundraising page, it can now be seen across Facebook publicly, which allows all of your friends and family to donate and share it!

Can I edit the information to make it in memory of a loved one?
Yes, you can. There is an edit (or manage) button on your fundraiser page where you can make your tribute for your loved one and edit all information.

My fundraising page has ended. How do I fix this?
Unfortunately, once your page is finished, you can't reactivate it. You need to start a new one by clicking the link in the Facebook group!

Can I share my page outside Facebook?
Yes, you can! All your friends and family should be able to follow the link and donate to your fundraising page.

How do I find my fundraiser?
Go to facebook.com/fundraisers

When I go to register, it says my email is already in use. How do I start my fundraiser?
Check your email for a link to continue your registration. You may want to double-check your spam folder! If you are still having trouble, reach out to us for assistance at FBGroupChallenge@heart.org.