

## JUMPING ROPE IT'S NOT JUST FOR KIDS!

10 minutes of jumping rope = 1 mile of walking or jogging

## **JUMPING ROPE:**

Improves coordination and blood circulation

Increases your heart and lung health

## Aids in weight loss



\*Nova Southeastern University Quality of Life Grant funded www.NSUCaribbeanhealth.com



UF IFAS Extension



Healthy Eating, Active Living