

# Participant

## Send a Zoo Crew E-Card Challenge

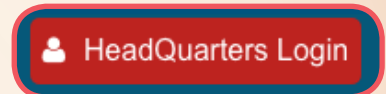
Let everyone know you're taking the challenge to start a new heart healthy habit and challenge them to do the same! Personalize your e-card with one of our Zoo Crew members and a healthy message—you can even add your own picture. Here's what you do.



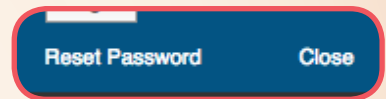
SHAPE America and the American Heart Association collaborate on the Jump Rope for Heart and Hoops for Heart programs.

1

**Start here.** Go to [heart.org/jump](http://heart.org/jump) or [heart.org/hoops](http://heart.org/hoops). Click on the button in the upper left-hand corner. Enter your username and password to log in to your HeadQuarters webpage.



Forgot your username or password? Click Reset Password for more options.



2



**Take the Zoo Crew e-card challenge.** Click on the image beneath **Zoo Crew E-Card Challenge** to go to your e-card building page and start the fun.

3

**Make your card.** Use the **Next** button to go to each step as you create your own unique e-card.

- Choose your character.
- Choose your background.
- Add your own picture if you want to. Be sure you have your parents' permission! No photo handy? You can skip this step.
- Take a heart-health challenge.
- Write a message or use the one that's provided.
- Add email recipients or click **Share on Facebook** (with your parents' permission).



That's it! Just click **Next** one last time to send your card. Then click **Send More** to add other email addresses if you want to share your card with even more people. Sending e-cards is a great way to spread the message of heart health and unlock fun surprises in your Zoo Crew Expedition map. The more e-cards you send, the more surprises you can unlock. Have fun!

**Next up:** Have you personalized your webpage yet? It's easy—and fun!

