

Skip-30
your way for 30 days



Skipping plan

November '24



Use the calendar to tick off your progress, and to take notes for each day.

Looking for more motivation?
Visit skipyourway.org.au



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Learn the basics with Luke 	2	3 Skip Sundays Feel like a day off? Make a donation to your fundraiser to skip Sundays!
4 Play 'Jump (For My Love)' and skip to the beat 	5 Learn footwork variations with Luke 	6	7 Can you skip for 5 minutes? 	8	9	10 Share a post to Facebook to let everyone know you are skipping for Aussie hearts
11 Learn rope swings with Luke 	12	13	14 Play 'Eye of the Tiger' and skip to the beat 	15 Half way there! Can you do 100 skips without stopping? 	16 Learn the cross over with Luke 	17 Skip Sundays Feel like a day off? Make a donation to your fundraiser to skip Sundays!
18	19	20 Play 'Don't Go Breaking My Heart' and skip to the beat 	21	22 How many skips can you do in 1 minute? 	23	24 Give it a last push! Send out a reminder asking friends for a donation
25 Learn double unders with Luke 	26	27 Play 'Push It!' and skip to the beat 	28	29 How long can you skip for? 	30 You've made it! 	Remember to thank your donors for supporting Aussie hearts

By taking part in the Skip Your Way challenge, you're making a meaningful difference to your own heart health, the hearts of those you love, and the hearts of all Australians.

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Skip Your Way



Looking for motivation? Here's something for every level of skipping.

Beginner



Learn side swings with Luke Boon



Pick your favourite song and skip to the beat!

Intermediate



Can you skip for 5 minutes?



Learn the cross over with Luke Boon

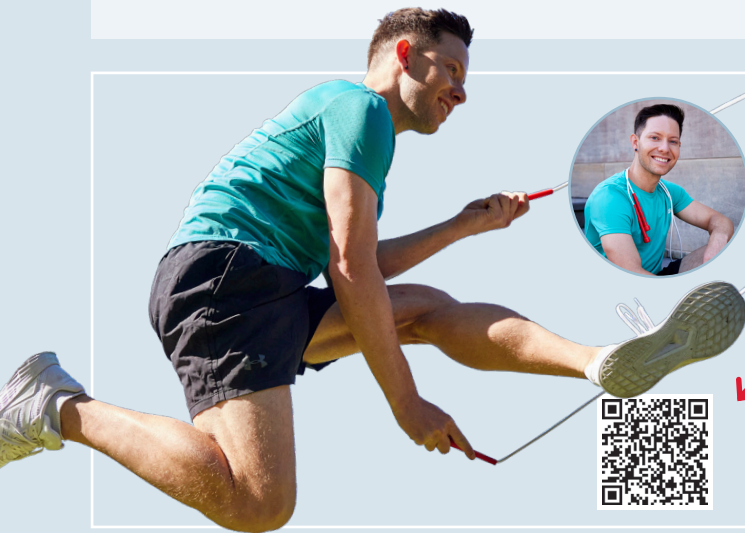
Advanced



Learn footwork variations with Luke Boon



10 minutes of non-stop skipping



Meet our ambassador

Luke Boon is a 72-time World Champion in the sport of jump rope, and has devoted many years to coaching jump rope at a local, national and international level. Luke will be joining us for 30 days of skipping this November. Keep an eye out for Luke's tips, tricks and skills to level-up your jump rope!



How's your form? Watch this video from Luke to get you skipping safely.

Fundraising incentives

Jump-start your fundraising journey by donating yourself! We will reward your generosity with a **FREE** skipping rope supplied by our partner Topline to help you in your challenge.



The first 500 people to raise **\$200 or more** on their fundraising page will receive a **FREE** Skip Your Way t-shirt.

*T&Cs apply, visit skippyourway.org.au/competition-terms-and-conditions for more info.



skippyourway.org.au

Benefits of skipping

There are many reasons to get out your jump rope. Skipping:



Is suitable for all ages and skill levels



Only takes 10 minutes a day to have an impact



Boosts heart health and aerobic fitness



Improves bone density and muscle strength



Can improve circulation, balance, coordination and overall motor skills



Releases feel-good endorphins



Requires minimal equipment and space



Is a lot of fun!

Join our Facebook community for daily inspiration, tips and support. It's also a space for you to share you progress throughout the month!



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