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## Jump 4 Life, 2012

Did you know that jumping rope for 10 minutes non-stop at 120 beats per minute is the equivalent of running an 8 minute mile? Who would have thought this simple iconic childhood activity would become popular in fitness training and a growing part of national and international sports competitions?

*As a part of a movement to get kids active while having fun with this simple exercise*, CINCH hosted a series of jump rope trainings in November 2012 with **JumpNRope** expert trainers from Colorado. Seventy-five (75) participants from around the Hampton Roads area representing sports, recreation, youth and after-school program staff attended these high energy and interactive trainings designed to demonstrate everything from proper technique to a variety of jump rope skills and games. The goal was for those who attended this training to become jump rope trainers for their respective organizations and start a jump rope program with the youth they serve in 2013. Since January 2013, 12 **Jump 4 Life** programs were started with over 2,400 kids and counting who have participated in this program.



See our [Media](#) page for pictures and videos from the trainings.

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