OFFICIAL SDG WORLD RECORDS CERTIFICATE

Goal 3: Good Health and Well-Being
Most rope skipping jumps in 15 minutes by teams

303,000 times of Rope Skipping jumps in 15 minutes by teams. More than 500 people with different backgrounds were integrated together to participate in the aerobic exercise (rope skipping). Ensure healthy lives and promote well-being for all at all ages.

The activity supports SDG 3 — Good Health and Well-Being. The organization promotes cardio exercises of jumping rope activities that support to slash the risk of premature death to 500 person-times in the activity.

Validated on 19 February 2023, Hong Kong, China
Record Title Co-Holder

Lions Clubs International District 303
Hong Kong & Macao, China

"Record-breaking Together"

Record Title Page: http://SDG.do/2302eu