



American Heart Association.

Heart Walk.

MOVE MORE ACTIVITY CHALLENGE

We could all use some help to keep moving and stay in touch. The Move More Challenge will get you moving while protecting the hearts you love.



Start moving



Relieve stress



Connect teams



Raise lifesaving funds

HOW IT WORKS

Ready

Download or update your Heart Walk app and get registered.

Set

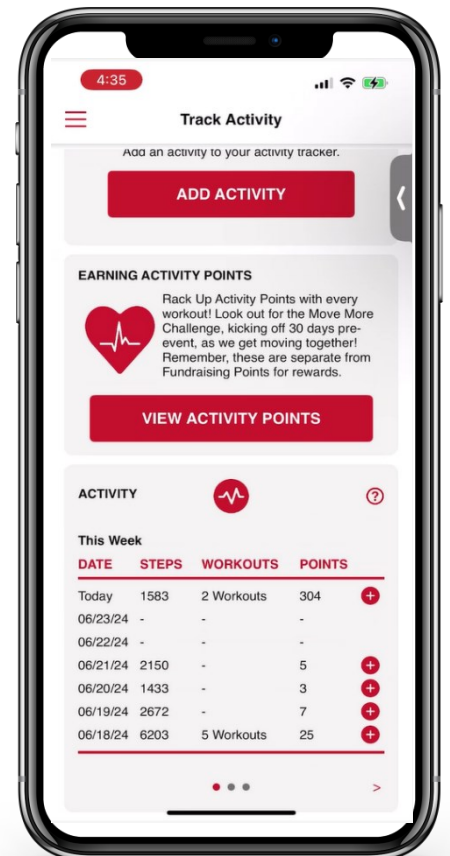
You have 30 days to log your minutes. See if you can reach 150 minutes a week!

Go

Any activity you track, counts! You can walk, dance or even vacuum to stay moving.

Celebrate

Keep an eye on your leaderboard. Top movers and fundraisers will be recognized on Heart Walk day!



Raise funds
AND raise
heartbeats

Simply download the Heart Walk app and GO!





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TOP TIPS FOR A WINNING CHALLENGE

Make your company's Move More Challenge a BIG success.



Recruit Walkers

Make sure all your coaches and walkers are recruited before the Move More Challenge begins and they have downloaded the Heart Walkapp so their minutes count!



Set the Goal

Rack up the minutes with a company goal. The AHA recommends 150 minutes per week. Imagine how many hours of heart-healthy activity you can accomplish together!



Make a Match

Inspire your teams to move more with a company Movement Match, like \$1 for every hour of movement.



Spread the Word

Get everyone in the game! Teams can get healthier together AND stay connected.



Start at the Top

Sign up your CEO and other executives. If your company leaders are in, your employees are more likely to be in too.



Cheer Them On

Send a weekly email to congratulate all your walkers and update them as your company climbs the leaderboard. (And watch everyone's competitive spirit come out!)

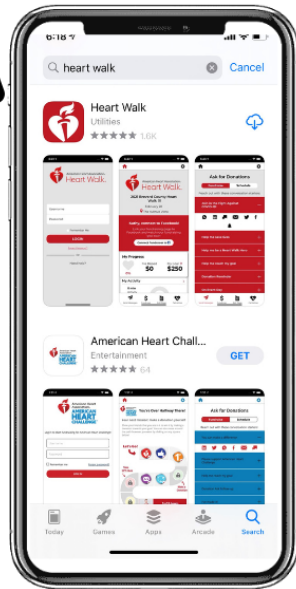
Heart Walk Move More Tracker

The Heart Walk app has had a refresh! Please follow the steps below to ensure you have either the updated app or how to download the app. Please continue in this guide to learn how to connect your device and track activity.

Downloading/Updating the Application

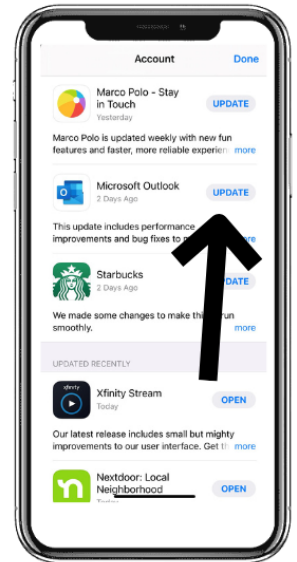


If you **DO NOT** already have the Heart Walk App: Navigate to your Apple or Google App Store and search for "Heart Walk"



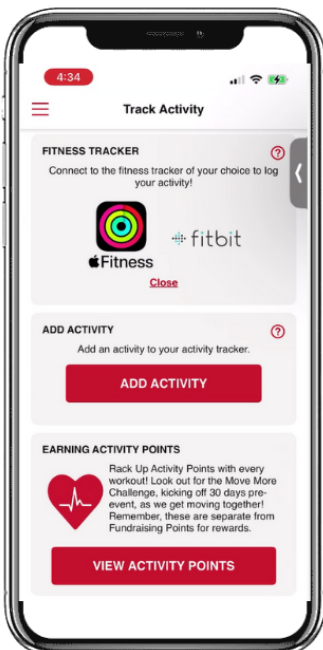
If you **DO**

already have the Heart Walk App: The app will update if you have automatic updates set up. If not - navigate to your account to update current apps and Click "Update"



Connecting Your Device to Track Activity

To connect your device you will navigate to the hamburger button and select Track Activity. Within the app you are now able to connect your device to track activity or manually track activity.



- Click on the icon of the tracker you wish to connect to through the HW app. (Apple Health, Google Fit & Fitbit)
- You will need to allow access to all activity from the selected application.
 - Be sure within the selected tracker application you allow it to share and sync with the HW app.
 - **(If you are unsure on this step please reference your smart phone guide or Google based off of the phone type and application you are syncing)**
- You are now connected and you will see the date you connected your tracker.

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Sync times may differ depending on the application. If you find your data is not syncing you will see an option to click Resync on the Track Activity screen.

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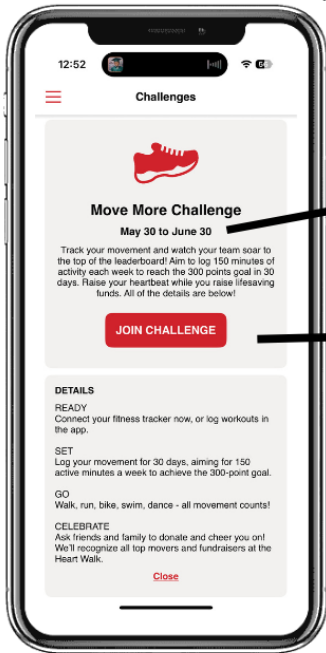
Garmin & Strava - Coming Soon!

Heart Walk Move More Tracker

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Join the Move More Challenge

Navigate to the hamburger button and select Challenges. The challenge will go live 30 days prior to the event date. The date of the challenge will be visible on the Challenges screen.

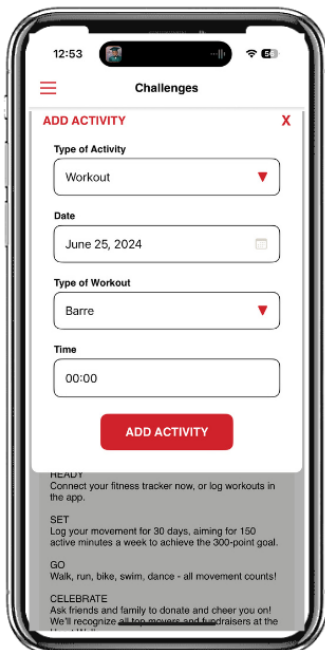


- Simply click on the red Join Challenge button.
- You are now participating in the Move More Challenge. You can either sync your data from your connected device or you have the ability to manually track any activity by clicking on the Add Activity button.

*****If you don't connect your tracker on the first day of the tracker it will pull in any prior activity for dates within the Move More Challenge*****

*****The activity tracker is based on points. The points will automatically calculate based on the activity & type of workout selected*****

Manually Tracking Activity

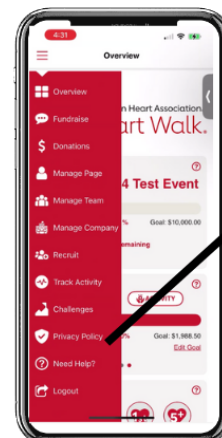


If you wish to use the app to manually track activity - please see the guidance below:

- Click on the red Add Activity button.
- Select the type of activity, date, type of Workout and duration of time.
- Click Add Activity

Troubleshooting

If you are running into any issues within the app you can navigate to the help section for assistance.



If you need additional assistance please reach out to your American Heart Association Representative.