

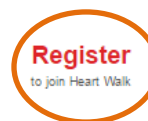
How to Register for the Heart Walk - Computer

1. Click **Register to Join Heart Walk**



Healthy For Good™
Heart Walk®

Home
for your Heart Walk



Donate
to a Participant

Login

2. Select **Start a Team, Join a Team, Join as Individual** (Choose to either *Join as a New Participant* or enter your username/password from previous participation.)

If you clicked **Start a Team** that means you want to be a coach and recruit walkers to your team. Next choose the company your team should be listed under. If you don't see your company listed, contact your American Heart Association staff team to set up the company for you today.

If you clicked **Join a Team** that means you want to be a member on an existing team. **Search** for your team name or by the company dropdown the team you wish to join is under. Click **Join** to sign up as a member of that team.

If you clicked **Join as Individual** that means you wish to register for the walk independently.

3. Enter a fundraising goal (consider being a top walker and raising \$1,000!)
4. Make an extraordinary impact by making your personal **GIFT**
5. Fill out your contact information.
6. Create your username and password.
7. **Waiver:** Click **I Agree** on the Waiver pop-up to complete your registration.
8. You will see a confirmation page – click continue to begin fundraising!

The Participant Center will appear. From this location you can:

- a. Customize your personal page by uploading a photo and share *your* WHY.
- b. Send emails to friends and family asking them to support your fundraising efforts for the Heart Walk.
- c. Post to social networks inviting your friends to donate.

Start a Team	Achieving a world free from cardiovascular diseases and stroke may be a long road, but you don't have to walk it alone. Start a team with family, friends and colleagues today.
Join a Team	Heart disease and stroke affects all of us. Join a team today and together we'll take them down, one step at a time.
Join as Individual	Thank you for having the courage to walk with us towards a world free from cardiovascular diseases and stroke.