



American Heart Association
Heart Walk.

2021 Winston-Salem HEART & STROKE WALK

Sunday, October 17, 2021
Triad Park, Shelter #4
Kernersville, NC

You can Heart Walk Here, there or anywhere.

The Winston-Salem Heart & Stroke Walk is back and ready to reinvigorate your heart healthy lifestyle by reuniting our community in better health! This fall, the American Heart Association is bringing you **Heart Walk Here**, a new Heart Walk experience offering different ways to participate for maximum flexibility. **You can Heart Walk Here, there or anywhere. Choose our path or yours!**



JOIN A MILLION WALKERS

By offering different participation options, we're going to reach more people than ever

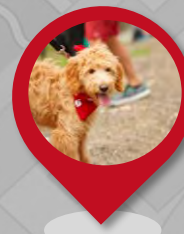


TEAM CAMARADERIE

Nothing unites a team like doing good together

LACE UP WITH US

Get moving together with our new activity tracker and challenges



SAVE LIVES

Together we are fighting for the health & wellbeing of our community



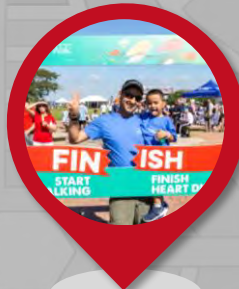
CONNECT EASILY

Our upgraded all-digital platform makes it easy to connect, share and get rewarded



CELEBRATE

Join us on Walk Day to recognize all we have accomplished together



LOCALLY SPONSORED BY

HEALTHY FOR GOOD SPONSORS



FORSYTH LIFE IS WHY SPONSOR



LOCAL SPONSORS



Healthy Blue

Piedmont Federal Savings Bank

MEDIA SPONSORS



WEEK OF WELLNESS

October 11, 2021 – October 17, 2021

Exercise your mind, body and spirit during the week leading up to your Heart Walk.
Find a daily dose of inspiration on the [Facebook Page](#)!



MOVE MORE MONDAY OCTOBER 11

Get warmed up for **Week of Wellness** and [Stop Sitting](#) today with a binge break with our **#MadeYouMove** [Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#).

Locally Sponsored By: Atrium Health Wake Forest Baptist



EAT SMART: HEALTHY TIPS TUESDAY, OCTOBER 12

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with [healthier condiments](#) or [smart substitutions](#)!

Locally Sponsored By: MedCost



BE WELL WEDNESDAY OCTOBER 13

On our final Heart Walk Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a [guided meditation](#).

Locally Sponsored By: Alight



THANKFUL THURSDAY OCTOBER 14

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

Locally Sponsored By: Novant Health



BEST FRIENDS FRIDAY OCTOBER 15

Share a photo of you and your furry best friend on a walk. Be a part of our Top Dog Contest by posting a photo of your dog on the [Facebook](#) using **#WinstonHeartBeat**.

Locally Sponsored By: TE Connectivity



HEART WALK SUNDAY, OCTOBER 17

Join us on October 17 at Triad Park for our Heart Walk celebration. Or create your own start line in your neighborhood to get walking! Share your photos with **#WinstonHeartBeat** and **#HeartWalkHere**!

HEART WALK DAY

Choose Your Path or Ours!

OCTOBER 17, 2021

HEALTHY FOR GOOD
SPONSORS



WALK WITH US! Heart Walk Here with our Pop Up Start Line at Triad Park, Shelter #4 in Kernersville. Everyone in our community can join in to go for a heart healthy Heart Walk and celebrate on Walk day.



Triad Park, Shelter #4
9652 West Market Street
Kernersville, NC 27284
Walk Anytime between Noon – 3:00PM

Start your walk from Shelter #4 with a quick stop at our selfie station and start line for a picture!

Triad Park has several routes you can choose to make walk day your own!

GET SOCIAL!

Join the fun on social media! When you share on Facebook, make sure you're sharing your posts with "Public" – and don't forget to tag us @AHANorthCarolina and use **#WinstonHeartBeat**



CHALK YOUR WALK!

Can't join us in person? Decorate your sidewalk with a motivating and photo-worthy starting line. You can create your own start line in your neighborhood to get walking! Be sure to share your pics **#WinstonHeartBeat**.



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TRUIST

CELEBRATE SURVIVORS

Survivors are the HEART of every walk. If you or your child are a survivor, show everyone your triumphs. As part of your Heart Walk swag bag, survivors are given commemorative red or white ball caps to wear during the walk to show their triumph over heart disease or stroke. To celebrate our child Heart Heroes, we offer special SUPERHERO CAPES for young survivors. All survivors will receive a Cook Medical survivor fan and pin.



Swag Bag Drive-Thru Pickup
October 14, 2021
4:30PM – 6:30PM
MedCost, 165 Kimel Park Drive
Winston-Salem, NC

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COOK[®]
MEDICAL

HEART WALK DAY

Heart Walk Here!

HEALTHY FOR GOOD
SPONSORS

AtriumHealth
Wake Forest Baptist

MEDCOST®



TOP WALKERS (Raise \$500)

Let us celebrate your achievement as a Top Walker! Join us for our Drive-Thru Swag Bag Bash on October 14 to receive your FREE top walker gift!

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INMAR.
intelligence

GET YOUR SWAG

Coaches, Top Walkers and Survivors:

Stop by on Thursday, October 14 between 4:30PM - 6:30PM at MedCost, 165 Kimel Park Drive, Winston-Salem, NC to pickup your Swag Bag items for Walk day!

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MEDCOST®



FINISH STRONG

No matter where your finish line is, finish strong. Be sure to share your pics with **#WinstonHeartBeat** so we can recognize all we have accomplished together!!

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Piedmont
FEDERAL
SAVINGS BANK



STAYING SAFE TOGETHER

If walking with small groups, please mask up for your safety. Be sure to share your pics with **#WinstonHeartBeat** so we can recognize all we have accomplished together!!

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alight



GET YOUR GROOVE ON.

During your walk, listen to our EXCLUSIVE Heart Walk On Demand playlist! Scan the QR code to listen!



DIGITAL TOOLS YOU CAN USE!

(No Matter Where You Walk)



CELEBRATING SURVIVORS

Our heart and stroke survivors and our youngest CHD survivors are true superheroes. Custom Facebook frames are available to celebrate you!

And to be included in our survivor celebrations, please share your photos with **#WinstonHeartBeat**



WHY DO YOU WALK?

[Click here](#) for a printable Tribute sticker where you can write the name of a loved one affected by stroke or heart disease. What a great way to show you are walking in their honor! Share pics of you with your Tribute sticker with **#WinstonHeartBeat**.



WE'RE GRATEFUL FOR YOU!

Zen away your stress by using [Simple Ways to Practice Gratitude!](#)

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CLAIM YOUR CUSTOM SURVIVOR FACEBOOK FRAME



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SHARE THE <3 ON SOCIAL MEDIA!

Looking for sample social media text to include on your own pages? Copy and paste one of these!

This year I'm excited to be walking in support of the American Heart Association! I hope you'll join me at (location/date/time). We're going to be showing our support in the fight against the number one killer of Americans and having a lot of fun while we do it! Join me! #WinstonHeartBeat

Have you heard? This year, I'm hosting my own Heart Walk in support of (market hashtag). I want you to join me on (location / date / time) and bring your family, friends, and even furry friends! #WinstonHeartBeat

Don't forget to share our Winston-Salem Heart Walk videos and posts, which you can find on our social media channels.

Facebook: [AHANorthCarolina](#)

Instagram and Twitter: [@AmericanHeartNC](#)

MOVE MORE WITH US!

Download the Heart Walk Mobile App to join the Move More Activity Challenge and kick off your fundraising!

You can now track your minutes of exercise right from your phone! Through the Heart Walk Mobile App, you will be able to log in and start tracking your minutes today for the Heart Walk!

Check out the leaderboard on the front page of our website!

Frequently Asked Questions

[Click here](#) to visit our frequently asked questions!

HEALTHY FOR GOOD LIFESTYLE CHANGE AWARD

Have you or someone you know made a lifestyle change? We want to celebrate you! [Click here](#) to fill out our Healthy For Good Lifestyle Change Award nomination form. Our winner will be announced as part of our Awards Luncheon in November!

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American Heart Association®
Heart Walk®

WE APPRECIATE YOU

Save lives and earn swag! Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center —points you can redeem for Heart Walk Hero Gear. It's our way of saying thanks and it's a great way to show your support of heart and brain health! Log in to your Heart Walk HQ on your PC or HW App to visit the [Rewards Center](#). The milestones and levels are:



\$100
HERO



\$250
MEDALIST



\$500
WARRIOR



\$1,000
LIFE SAVER



\$2,500
ADVOCATE



\$5,000
CHAMPION



Does your dog have what it takes to be **TOP DOG?**

Post a photo of your dog on the [Heart Walk Facebook Page](#) using #WinstonHeartBeat. Encourage family and friends to "like" your post. Our friends at TE Connectivity will vote to pick the official The Top Dog to be announced on the Facebook Page!

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