

THREE MONTHS OF MINI



Locally Presented by:



Whether you plan to join us downtown on March 13 or Mini in your neighborhood, there are many ways to stay engaged in the Heart Mini campaign and mission of the American Heart Association! Check out these great resources below and on the Heart Walk app.



WELLNESS FOCUSES

From January-March, we will have focused ideas for you to Eat Smart, Move More and Be Well thanks to Kroger Health, Cincinnati Bell and Mercy Health!



WEAR RED DAY

Gather your coworkers, family and friends to register for your team! Collect pictures of everyone in their best red and share the importance of knowing the signs of a heart attack and stroke!



HEART MINI WEDNESDAYS

Heart Mini Wednesdays are an opportunity to engage your team members in fun activity & fundraising challenges every week starting 4 weeks out (Feb 13th) to the Heart Mini. This is a great way to make a final push for recruitment and help to drive fundraising efforts.



ACTIVITY TRACKER

Starting February 11, log your minutes of any type of activity in the Heart Walk app- running, yoga, swimming, etc. If you're moving, it counts! Company, team and personal leaderboards are updated in real time.



COMPANY RALLY

Host a virtual meeting to celebrate the top teams and participants in your company prior to Heart Mini weekend. Encourage fun backgrounds!



LOGGING YOUR RACE

You have the week before and after March 13 to run/walk your event from home. Download the Heart Mini Playlist to motivate you along the way and log your final time on the Heart Mini website.

KEY DATES

- All January – Eat Smart presented by Kroger Health
- All February- Move More strategies presented by Cincinnati Bell
- Feb 4- Wear Red Day
- Feb 7- Optional launch of Bracket Challenge
- Feb 11- Activity Tracker launches
- Feb 14 – T Shirt Deadline
- All March- Be Well strategies presented by Mercy Health
- Week of March 7- Host your company rally
- March 13- Heart Mini!

