



WEEK OF WELLNESS

Welcome to the Heart Walk's **NEW Week of Wellness!** Exercise your mind, body and spirit during the week leading up to your Heart Walk. Find a dose of inspiration through a daily theme that includes ways to pump up your employees through fun and healthy activities!



MOVE MORE MONDAY

Get warmed up for **Week of Wellness** and encourage employees to [Stop Sitting](#) today with a binge break with our [#MadeYouMove Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#). Sponsored locally by Suburban Hospital, a member of Johns Hopkins Medicine.



EAT SMART HEALTHY TIPS TUESDAY

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



BE WELL WEDNESDAY

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](#). Sponsored locally by Booz Allen Hamilton.



THANKFUL THURSDAY

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.



BEST FRIENDS FRIDAY

Did you there are many health benefits to [owning a pet](#)? Share a photo of you and your furry best friend on walk. Be a part of our Top Dog Contest by posting a photo of your dog on social media using #DCHeartWalk. And if you need a little pep in your step, try the [Heart Walk Playlist](#).



CELEBRATION SATURDAY

Join us November 6th on The National Mall for our Heart Walk celebration. **Can't join us in person?** Create your own start line in your neighborhood! Share on social media with #DCHeartWalk and #HeartWalkHere!

WANT TO UPGRADE THE FUN AND ENGAGE YOUR EMPLOYEES TOO?

- **Rally Together and Celebrate:** Host a conference call to celebrate the top Companies/Teams/Participants in your company prior to Heart Walk day.
- **Move More:** Ask employees to tune into an exercise demo on Instagram Live or host an exercise demo at a local gym.
- **Activity Challenge:** Offer a matching gift for the number of minutes your employees log during Week of Wellness!
- **Eat Smart:** Host a Live or Video Cooking Demo as an afternoon break for your employees.
- **Rethink Your Drink:** Hold a social media contest for the best infused water recipe
- **Community Conversation:** Ask a survivor or local health expert to do a webinar or Zoom conversation
- **We're Thankful for:** Hold a day of gratitude. Ask employees to share what they are grateful for and build a word cloud out of their answers!

