



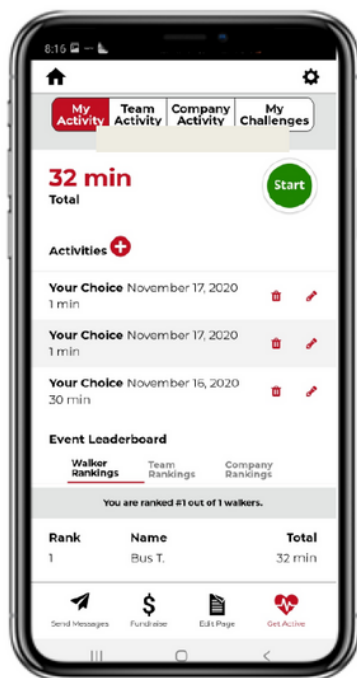
LAWYERS HAVE HEART

10K | 5K | FUN WALK

MOVE MORE ACTIVITY CHALLENGE

April 20th - May 19th

Join us and compete against other teams! The goal is to add in more activity each week. Whether you walk, run, hike or ride, your activity will count towards your team and company movement total!



HOW IT WORKS:

1. Download or update the **HEART WALK** app and get registered for **Lawyers Have Heart!**
2. You've got 4 weeks to log your minutes. See if you can reach 150 minutes a week!
3. Any way you move counts! You can run, walk, dance, or ride a bike!
4. Keep an eye on your **#RunLHH** leaderboard!

Top individual winners will be announced on social media once the Move More Activity Challenge ends!

1st Place - \$300 in Gift Cards to Farmers Restaurant Group
2nd Place - \$200 in Gift Cards to Farmers Restaurant Group
3rd Place - \$100 in Gift Cards to Farmers Restaurant Group

Locally Sponsored in 2023 by

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For questions, contact Sydney Marshall at sydney.marshall@heart.org

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