

Let's Get Started!

2021 Heart Walk Experience Made Easy!



American Heart Association®

Heart Walk®

Participating in the Heart Walk is about coming together, getting hearts pumping, honoring survivors, raising lifesaving funds – and having fun along the way. Get ready to “lace up” with us and walk wherever you are on May 22!

HEART WALK DAY SCHEDULE

Join us at 9:00am for our [Facebook Event Kickoff](#)

Your Heart Walk Experience

2021's Top 21

Highlights & Recognition of Top Companies & Participants

2021 Chair Message and Countdown

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Boston Scientific **Medtronic**

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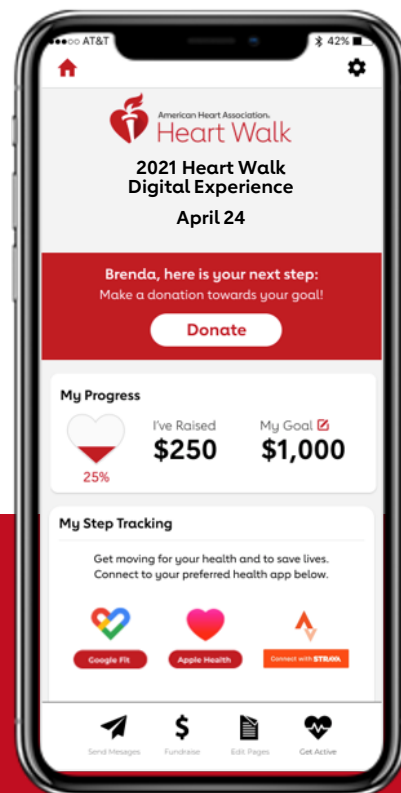
Get Social with us!

Kick off your walk on **May 22** and start a Facebook Fundraiser, post an IG story, send texts to friends and family and raise awareness and funds using the Heart Walk App. Don't forget #TCHEARTWALK



MOVE MORE CHALLENGE
SPONSORED BY

Medtronic



Download the Heart Walk App to Join the Move More activity challenge and kick off your fundraising. You now can track your minutes of exercise right from your phone! Through the Heart Walk app you'll be able to log in and start tracking 30 days before the Heart Walk!

MAY 22

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HEART WALK DAY

(How Can I participate?)

GET READY!



Kick off your Heart Walk Day by coming together with your company or team to celebrate crossing the finish line!

TUNE IN!



Join us on [Facebook](#) on Walk Day to connect with all the other walkers from your city.



CHALK YOUR WALK



Ready to go for a walk? Decorate your sidewalk with a motivating message of Gratitude or photo-worthy starting line. Be sure to share your pics [#TCHEARTWALK](#)

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CELEBRATE SURVIVORS



CLAIM YOUR CUSTOM SURVIVOR FACEBOOK FRAME



Search "Twin Cities Heart Walk" in Facebook Frames to add it to your profile pic



LOCALLY SPONSORED BY



JOIN A MILLION WALKERS

By moving the action online, we're going to reach more people than ever



TEAM CAMARADERIE

Nothing unites a team like doing good together



CONNECT EASILY

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

CELEBRATE

Join us on May 22nd to recognize all we have accomplished together

SAVE LIVES

Help the 40% of COVID hospitalizations that are heart or stroke patients



LACE UP WITH US

Get moving together with our new activity tracker and challenges



HEART WALK DAY **May 22, 2021**

(How Can I participate?)

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ENTER THE KIDS ZONE

Keeps your eyes peeled with the kid's fun pack to make your walk extra fun. Take a giggly Funny Walk Break and share your photos or videos with **#TCHearWalk**

LOCALLY SPONSORED BY **Prime Therapeutics**



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! On mobile, you can also screenshot the image, write your tribute's name and share to your social media story!

TOP WALKERS (Raise \$1K+)

Join an elite group of Heart Walkers this year. Show your commitment to the AHA's mission and set a goal of \$1,000+ and become one of Minnesota's Top Walkers. Along with being recognized on social media, we will also add you and your company in our campaign materials.

FINISH STRONG

No matter where your finish line is, finish strong. Tune in to the [Facebook Page](#) to cross the digital finish line and recognize all we have accomplished together, and **#TCHearWalk** on your posts!



**Visit your Heart Walk HQ
for these great digital
resources and MORE!**

Thank you for being a

**TOP
WALKER!**



FINISH