

# HEART WALK BINGO

Register at: [www.QuadCitiesHeartWalk.org](http://www.QuadCitiesHeartWalk.org)

PLUG YOUR PHONE IN AWAY FROM YOUR BED AT NIGHT	SET YOUR FUNDRAISING GOAL	WALK 10,000 STEPS	TAKE A 15 MINUTE STRETCH BREAK	RECRUIT SOMEONE TO YOUR HEART WALK TEAM
PARTICPAITE IN A HEART WALK ACTIVITY (CITYWIDE KICK OFF, TEAM ACTIVITY, ...)	DO AN AT HOME WORKOUT	START YOUR FACEBOOK FUNDRAISER THROUGH THE HEART WALK WEBSITE	DRINK 64 OZ OF WATER	GO OUTSIDE AND GET FRESH AIR
MAKE A DONATION ON YOUR HEART WALK PAGE	CLEAN FOR 20 MINUTES, IT'S LIKE WALKING A MILE	REGISTER FOR THE HEART WALK	DOWNLOAD AND USE THE ACTIVITY TRACKER IN THE HEART WALK APP	EAT 3 SERVINGS OF VEGETABLES
TAKE A WALK ON A LOCAL TRAIL	RECEIVE A DONATION FROM SOMEONE ELSE	TAKE A SELFIE OF YOU DOING SOMETHING HEART HEALTHY AND TAG #QCHEARTWALK	COOK A MEAL	MAKE A LIST OF 10+ THINGS YOU ARE GRATEFUL FOR
MOOD BOOSTER! SPEND 20 MINUTES RELAXING IN THE SUNLIGHT	CALL A FRIEND OR FAMILY MEMBER	GET 7-8 HOURS OF SLEEP	E-MAIL AND/OR TEXT FRIENDS & FAMILY A LINK TO YOUR PAGE	DOWNLOAD THE HEART WALK APP

Complete **TWO** bingo rows, columns or diagonals to qualify for a heart healthy prize. Once you've gotten two bingo rows, turn your card in to \_\_\_\_\_ by \_\_\_\_\_



American Heart Association.  
Heart Walk®