VIRTUAL Metro Detroit Heart Walk - June 13, 2020

How You can Join our Virtual Walk

We’re looking forward to lacing up with you and walking virtually as a community to build a world of longer, healthier lives free of heart diseases and stroke. While we won’t physically gather at Wayne State University, we want to see and hear your passion virtually! Send us your photos on June 13th, the week leading up and even following the Heart Walk.

*Please follow state of Michigan Center for Disease Control guidelines for social distancing. For more information, log on to michigan.gov/coronavirus/

Here are some ways YOU can #DetroitHeartWalk #MIHeartWalk

- **Start or Join a TEAM** and RAISE Lifesaving Dollars at miheartwalk.org for research, health policies and community education.

- **Claim your Virtual Survivor RED CAP** or Finish Line Badge. Look for our Facebook Photo Frames.

- **WALK in your Neighborhood** & SHARE on Social Media via #DetroitHeartWalk #MIHeartWalk – Don’t forget to join our Facebook event by clicking [here](https://www.facebook.com/events/1223446386440296/).

- **CONNECT with other Walkers and CELEBRATE** the collective journey. Follow our hashtag #DetroitHeartWalk and #MIHeartWalk on Instagram, Twitter & Facebook @DetroitAHA.

- **CROSS the Finish Line Strong** – Share WHERE you walk and how FAR you go. Update your Facebook profile pic with our “I participated in the Metro Detroit Heart & Stroke Walk” Facebook frame.

Follow @DetroitAHA

www.MIHeartWalk.org
Ideas to Jazz Up Your Walk

We are hearing so many innovative ways Heart Walkers are planning to celebrate virtually! Here are some ways YOU can #DetroitHeartWalk #MIHeartWalk

- Show Your TEAM SPIRIT and Post a Picture with #DetroitHeartWalk of you in your team T-Shirt or holding a sign with your team name. Tell us who you walk for. Show us your furry teammates!

- Share HEART ART with Sidewalk Chalk. Draw your Start and Finish Lines or share messages of gratitude along the route.

- Do a SCAVENGER HUNT and share your photos. Find something for every letter of the alphabet. Look for items in nature or “heart “shapes.

- MAP Your Route and Distance. Find apps online and share where you are walking and how far you go.

- Watch for more information coming soon on day of event and how you can be Virtually join us that morning......
Virtual Fundraising Tips & Ideas

Follow @DetroitAHA and comment with #DetroitHeartWalk #MIHeartWalk

Download Heart Walk Mobile App - easily text people, deposit checks & more.

Fundraise with Facebook - update your photo, make sure you INVITE people, tag your donors, thank you messages daily, include the link to your fundraiser each time.

Turn Team Events Virtual - Instead of “Jeans or Casual Day” try “No conference call days, 80’s days” and ideas are endless....

Birthday fundraisers - on Facebook or drive by parties to support AHA!

Matching Gifts - ask your company to match your team donations.

Heart Hunters - put Hearts in your windows to show you’re participating in Heart Walk and ask neighbors to donate.

Step or Plank Challenges - encourage donations if you hit certain thresholds.

Virtual Parties - Girls night, trivia nights, dance off, or heart healthy happy hour while sharing recipes, workouts, dance moves and incorporate donations.

Online Auction or Yard Sales - donations supporting AHA!

Lunch with the CEO - use an “UberEATS lunch” as incentive for top fundraisers.

Healthy at Home Bingo - promote healthy living while promoting the Heart Walk.

www.MIHeartWalk.org
Collect Your Virtual Survivor "Red Cap" or Heart Walk Badge

Thank you for joining the Metro Detroit Virtual Heart Walk and sharing your journey with us. Collectively we are uniting virtually as a community from all corners of the world.

Show all your friends and family how you "walked the walk" for healthier, longer lives with the #DetroitHeartWalk #M1HeartWalk by updating your Facebook Profile with a Photo Frame!

Here's how:

1. Hover over your profile photo and select “Update”
2. Select “Add Frame”
3. In the search box, type in “VHW Survivor”
4. Select the appropriate frame
5. Drag to reposition your profile picture if needed
6. Select Timeframe from the drop down when you want to switch back to your previous profile picture.
7. Select “Use as Profile Picture” to save!

Follow @DetroitAHA
www.M1HeartWalk.org
FAQ - Frequently Asked Questions

When is the Virtual Heart Walk? Saturday, June 13, 2020

Where is the Virtual Heart Walk? Walk where you are! Do you have a favorite walking trail or one you would like to check out? This is a great opportunity to explore your neighborhood with your family and you can take the dogs. Not comfortable going outside? Try one of these circuit workouts here.

How do I show that I'm participating? Share your photos and videos using the hashtag #DetroitHeartWalk #MIHeartWalk on Facebook, Instagram and Twitter and follow us on those channels @DetroitAHA. We will have fun activities and challenges on these platforms so keep checking! Reach out to your AHA staff partner too, they can help answer questions!

Should I still register? Yes! When you register for Heart Walk, we have the ability to reach out to you and let you know about day-of activities! You can register at miheartwalk.org.

Since the event is virtual, are you still fundraising? Yes, the American Heart Association is still raising funds to fight heart disease and stroke! Our survivors and their families are counting on us to continue with our mission. Fundraising through Heart Walk allows the AHA to quickly respond to the needs of the community – through this fundraising the AHA donated $2.5 million to Covid-19 research.

Where can I send donations? If you have donations that you can’t donate online, please send donations to your local AHA office at 27777 Franklin Rd, Suite 1150, Southfield, MI 48034 Attn: Heart Walk.

I’m a survivor! Survivor hats, pins and capes will be available after the Heart Walk. Please reach out to detroit.heartwalk@heart.org with your requests. On June 13th, you can redeem your virtual Red Cap via a Facebook Frame.

Do I still get a t-shirt? Registered participants that raise over $100 are eligible to receive a Heart Walk t-shirt. Visit the Rewards Center in your dashboard for more information.

What if it rains? Heart Walk is rain or shine. Grab an umbrella and galoshes and enjoy spring weather in Metro Detroit.

How long/far should I walk? Traditionally, there is a one-mile route and three-mile route. Walk what suits you and don’t forget to cheer yourself on!
How AHA is making an impact on COVID 19

- Investing $2.5 million in cardiovascular research to help coronavirus patients.
- Helping to accelerate antiviral drugs to combat COVID-19.
- Leveraging our science & relationships to help lead the conversation about the coronavirus and its effects on at-risk patients.
- Meeting the needs of health care workers dealing with the pandemic.
- Teaching hospitals and communities how to safely and effectively administer CPR.
- Working with federal and state governments to ensure families have access to care.
- Working in communities to ensure people in greatest need have access to care, financial support and other resources.
- Working with parents and teachers to keep kids healthy and active.
- Providing businesses with essential resources to help their employees stay healthy and active.
- Meeting people where they are by providing the resources, they need.

Thank You Heart Walk Sponsors