

local sponsors. Find more resources at

## www.HeartWalkUtah.org!

#### **TO PLAY ALONG:**

1. Register today at

### www.heartwalkutah.org

- 2. Follow our Social Media accounts
- 3. Use this Virtual Map as a guide to learn new healthy tips, recognize healthcare heroes, and engage with others.
  - 4. Be sure to check

#### www.heartwalkutah.org

weekly for resources and links!

> Give a gift from the Heart today on your Heart Walk HQ. Then share a healthy recipe with your friends/family. We've linked some at our website.

Rethink your Drink! Swap a sugary beverage for fruit infused water today! Check out our website for tips!

Decorate a cake using your favorite fruit. Tag us in your photos @AHAutah!

Eat this, not that challenge! What are your healthy substitutes?

> Engage with us @AHAUtah!

> > Personalize your fundraising page and link it to Facebook.

Join us & invite a friend for a healthy cooking segment brought to you by our local Healthy for Good & Together to End Stroke Cause sponsor:

**HEALTH** 

Add a color of the rainbow to

every plate at each meal today!

Challenge someone to match your gift by texting 5 of your closest contacts! (It takes on average 3-5 touch points for them to complete their gift!)

Show us your or your kids' chalk art drawings of how they're adding color @AHAutah. Brought to you

Edwards

**EDWARDS** 

Use the Mobile Heart

Walk App to thank your

donors via text! Or ask

for donations via text!

**Utah Division – American Heart Association** 

FOLLOW US ON SOCIAL MEDIA

@AHAUtah

@ahahutah

# 2020 UTAH HEART & STROKE WALK DIGITAL EXPERIENCE

Best Friend Friday

Don't forget to post your

sweaty selfie with your best

friend (2 or 4 legged) to be

entered into our selfie

contest, tag #HeartWalkUtah

Take a 10-minute

break to play

with your four

legged friend

today!

61/6 - 71/6

**MEEK LON**B

It's the week of the

walk, challenge

your team to get

10,000 steps.

Use fundraising 101

resources to sprint

to the finish!

Post your sweaty

selfie to show us

how you sweat!

Brought to you by:

St. Mark's Hospi

We're so glad you're here! Join our virtual Rally Day on 8/18 via Zoom! Recruit as many people as you can to join the 1 Million Heart Walkers!

We want to see your sweaty selfies over the next 4 weeks. Don't forget to tag #HeartWalkUtah to enter the contest brought to you by:

St. Mark's Hospita

Download the Heart Walk Mobile App and opt-in to our fitness tracking feature!

Opt-In to our Healthy for Good text message campaign! Text keyword "HealthyUtah" to

Now that you're all set up lets sprint through the start line F.A.S.T!

Brought to you

HEALTH

Focus on mindfulness and

Check out the

rewards center for

some Heart Walk

Swag. Redeem

points for your

Official Heart

Walk T-Shirt!

Learn Hands-Only CPR

with Georges Niang

from the Utah Jazz!

mental health by sharing 3 things you by:

you're grateful for today. Brought to

**HEALTH** 

Share your favorite

funny video with your network and share

with us @AHAutah.

Brought to you by:

THE CHURCH OF

**JESUS CHRIST** 

OF LATTER-DAY SAINTS

Plug your phone in away from your bed at night & try to get at least 7 hours of sleep tonight!

Share who you're walking in honor or memory of @AHAutah. Brought to you

*s*tryker

THANK YOU!

09/19

**Heart Walk** 

Wherever YouAre!

FUNdraise/donate \$25

and grab your sweat

towel to break a sweat

with us in a recorded

workout brought to you

by our local Healthy for

Good & Together to End

Stroke Cause sponsor:

HEALTH

Try to get 3, 10

minutes of

activity!

Take the stairs

instead of the

elevator!

Clean your space

for 20 minutes

(Equal to walking one mile!)

It's the fundraising

sprint! Ask for support

from your network

one more time to

reach your goal!

Please join us

for an

educational

panel.

Brought to

you by:

UnitedHealthcare\*

OPTUM'

Cook a healthy meal, be sure to add colorful fruits or vegetables!

Try to drink water with each meal today!

Snack on fruits or vegetables today!