



#HeartWalkNE

VIRTUAL Nebraska Heart & Stroke Walk - May 30, 2020

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 #HeartWalkNE wherever you are:



Show Your TEAM SPIRIT and Post a Picture or Cheer with #HeartWalkNE
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 Start & 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.

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