



#MIHeartWalk

## VIRTUAL Washtenaw County 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 Eastern Michigan University on Saturday, June 13<sup>th</sup>, we want to see and hear your passion virtually! Send your photos on June 13<sup>th</sup> or 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/](https://michigan.gov/coronavirus/)*

Here are some ways YOU can #MIHeartWalk



Start or Join a TEAM and RAISE Lifesaving Dollars at [washtenawheartwalk.org](https://washtenawheartwalk.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 #MIHeartWalk -  
Don't forget to join our Facebook event by clicking [here](#).



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



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  
Washtenaw County Heart Walk" Facebook frame.



American Heart Association.  
Heart Walk.

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[washtenawheartwalk.org](https://washtenawheartwalk.org)



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### 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 #MIHeartWalk



Show Your TEAM SPIRIT and Post a Picture with #MIHeartWalk 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.....



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## VIRTUAL Washtenaw County Heart Walk – June 13, 2020

### Virtual Fundraising Tips & Ideas

*Follow @AHAMichigan and comment with #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.



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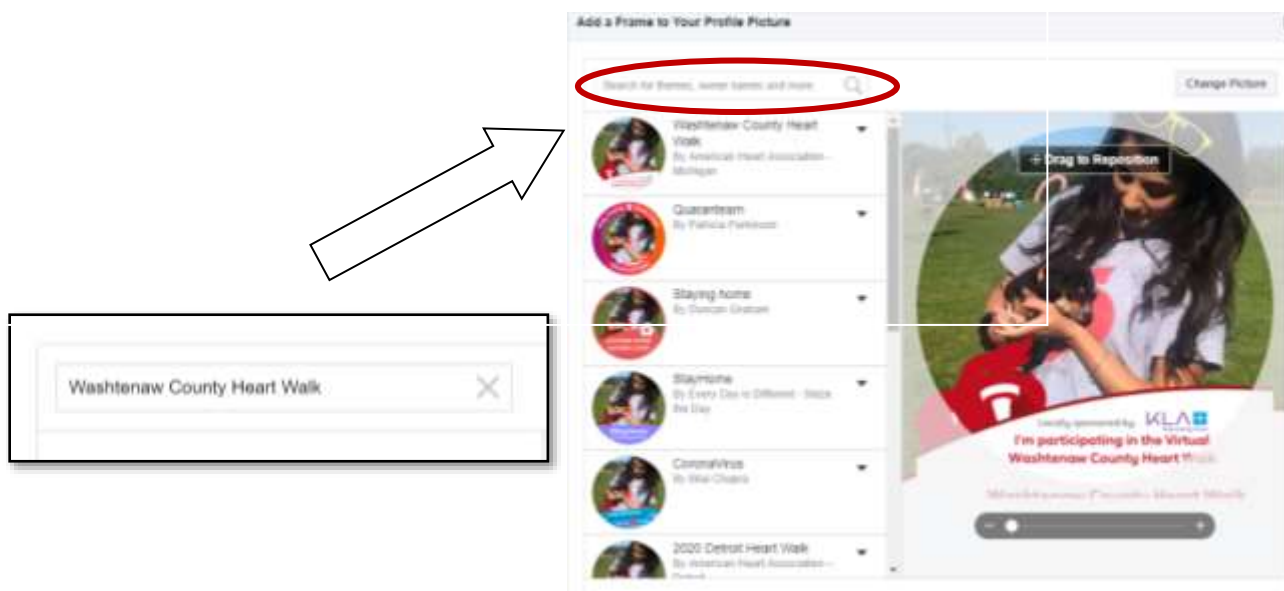
### Collect Your Washtenaw County Facebook Frame

Thank you for joining the Washtenaw County 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 #MIHeartWalk by updating your Facebook Profile with a Photo Frame!

Here's how:

1. Use this link to add a frame: [Heart Walk Facebook Frame](#)
2. In the search box, type in "Washtenaw County Heart Walk"
3. Drag to reposition your profile picture if needed.
4. Select Timeframe from the drop down when you want to switch back to your previous profile picture.
5. Select "Use as Profile Picture" to save!



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### 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 [#MIHeartWalk](#) on [Facebook](#), [Instagram](#) and [Twitter](#) and follow us on those channels [@AHAMichigan](#). 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 [washtenawheartwalk.org](https://washtenawheartwalk.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 2469 Woodlake Circle, Suite 100, Okemos, MI 48864 Attn: Heart Walk

**I'm a survivor!** 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.

**How long/far should I walk?** Traditionally, there is a one-mile route and three-mile route. Walk or Run what suits you and don't forget to cheer yourself on!



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[washtenawheartwalk.org](https://washtenawheartwalk.org)



[#MIHeartWalk](https://www.washtenawheartwalk.org/)

## VIRTUAL Washtenaw County Heart Walk – June 13, 2020

### 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:

