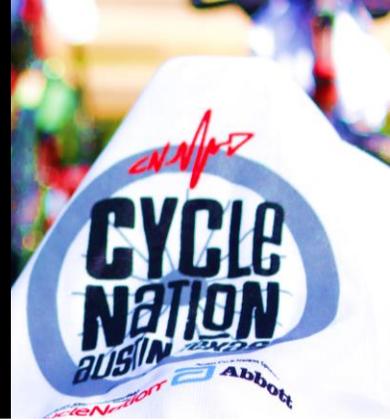




American Stroke Association.
A division of the American Heart Association.

CycleNation™



2021 CYCLENATION AUSTIN

CYCLENATION.ORG/AUSTIN

We are thrilled that 2021 CycleNation Austin is a month-long experience where you are encouraged to “define your ride” and get active in any way you want! You and your team will engage in weekly Move More Team Challenges where physical activity minutes will be tracked through the CycleNation App; energize your body, mind, and spirit during our Week of Wellness; and finally, rally together during our CycleNation Celebration Event on Saturday, June 5th.

DATES TO KNOW:

May 7

Rally together with us as we kick off the 30-Day CycleNation Austin Experience

MAY 10–JUNE 6

Get your team ready for our weekly Move More Team Challenges

MAY 31-JUNE 5

Exercise your mind, body, and spirit during our Week of Wellness

JUNE 5

Join us for our 2021 CycleNation Austin Celebration!

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LET'S GET STARTED!

CycleNation Austin Experience Made Easy!



Our mission is greater than any one walk or ride. We need you more than ever. Participating in CycleNation is about so much more than coming together and getting hearts pumping – it's about raising lifesaving funds that will further our mission. Get in gear and move more with us wherever you are! **Register. Donate. And move with a purpose.**

1

START (OR JOIN) A TEAM. Register today at CycleNation.org/AUSTIN. Each team can have between 4 -8 people and you'll have everything you need to help you reach your goals, including resources that will help you and your team fundraise and tools to help you keep track of your progress.

2

RAISE FUNDS & SAVE LIVES. Each team is encouraged raise \$1,000 – which is just \$125 - \$250 per person! Log into your CycleNation Participant Center to connect your fundraiser to Facebook, send pre-written emails to your friends and family asking them for their support, and more!

3

DOWNLOAD THE CYCLINATION APP! We are encouraging you to "define your ride" this year by tracking your activity minutes with our brand new physical activity tracker that is conveniently located in the CycleNation App.

4

MOVE MORE CHALLENGE! Starting on Monday, May 10 we will be launching a weekly Move More Team Challenge. Teams will go head-to-head during this bracket structured challenge - is your team ready to win the crown?

5

LET US CELEBRATE YOU! Grab your water bottle and get ready for our 2021 CycleNation Austin Celebration on Saturday, June 5! Cross the fundraising finish line strong and earn some of our awesome rewards!

NEW YEAR, **BIGGER IMPACT**



REDUCING BLOOD PRESSURE

When looking at our five-county service area and the percentage of adults 18+ with high blood pressure, we see that Bastrop County and Hays County are above the state average of 30% with rates of 42.3% and 36.3% respectively.

We are working within Federally Qualified Health Centers to provide access to self-monitoring blood pressure program through our *Target BP* programs.



ELIMINATING TOBACCO & VAPING

In 2017, 1% of middle and high school students in Austin thought vaping was the most serious problem on campus. In 2019, the percentage increased to 35%, far surpassing concerns about issues like alcohol, harassment, and violence.

We are currently working towards updating school district policies to remove suspension or other punitive interventions and instead provide supportive approaches to help youth quit using tobacco products.



INCREASING NUTRITION SECURITY

1 in 10 people in America are at risk of not getting enough food each day. Since COVID-19, The Food Bank has seen a 200% increase in new clients.

We are partnering with local organizations to create and improve food access screeners and providing resources to emergency and sustainable food options.



PROMOTING MENTAL WELL-BEING

Mental well-being and physical health are connected and historically excluded communities are disproportionately impacted, especially now. Despite being treatable, there is an enormous treatment gap and barriers with stigma, discrimination, and access.

We are focused on achieving total and equitable health for all. The AHA is promoting and providing mental well-being content to our corporate and community partners.



REDUCING RISK FOR WOMEN

Because heart disease kills 1 in 3 women, the AHA is focused on ensuring that women are aware of their risk factors, represented in research and have access to equitable treatment they need to live longer, healthier lives.

Only 1 in 3 Hispanic women are aware that heart disease is their #1 killer and of African-American women ages 20 and older, 49% have heart diseases. We are developing programming to reach both communities and develop a trusting support system.



ADDRESSING COVID-19

75% of those hospitalized with COVID-19 have a high-risk condition and people with heart disease, diabetes, or high blood pressure are at a higher risk. Heart attack and stroke patients fear calling 9-1-1 or seeking treatment within a hospital.

To address this, we invested \$2.5 million to specifically investigate the cardiovascular implications of COVID-19, established new CPR guidelines and a free healthcare COVID-19 registry.

NOW MORE THAN EVER, YOUR SUPPORT IS NEEDED.

By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science.