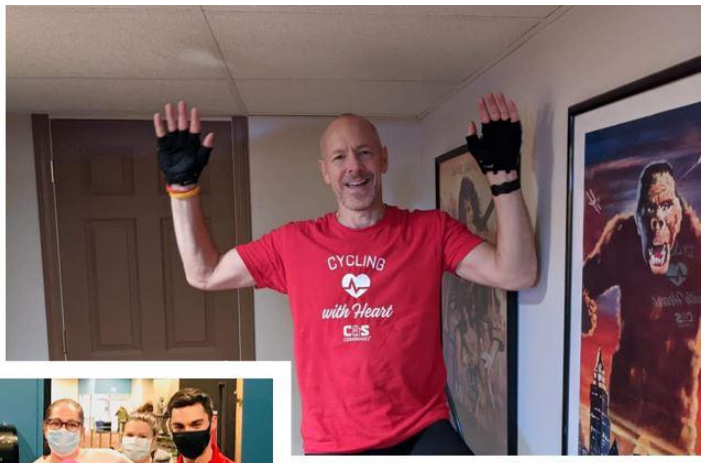
American Heart Association®
Heart Challenge™

CYCLING CHALLENGE



Date: Friday, February 25, 2022
Goal: To move throughout the day
Location: Where you are

To participate, contact Kristin.Thompson@heart.org.
Syracuse Heart Challenge Director and let her know you are interested!

- Mark your calendar for Feb. 25 or for a date that works best for you!
- Choose your movement activity! A cycle bike, treadmill, rower, a walk or even a nonstop dance party! The goal is to move throughout the day.
- Ask friends and family to sponsor you by donating to your page!
- Share how you're moving on social media by using #syrheartwalk

For more information about the Syracuse Heart Walk, visit SyracuseHeartWalk.org

Cycling Challenge
Locally Sponsored by:

C&S COMPANIES®