

2024 Southern Arizona

# HEART WALK



American Heart Association®

Heart Walk®



I walk to save lives, **SO CAN YOU!**

Heart disease and stroke impact people in very personal, life-changing ways. Bold moves, and dedicated researchers and volunteers, have resulted in significant medical advancements over 100 years. This year, we want to connect with and share the reasons why we need to **eliminate heart disease and stroke.**

### **I WALK TO END HEART DISEASE AND STROKE!**

Put the lifesaving power of CPR into more hands and celebrate the sound of our hearts beating as one.

### **I WALK TO GET MY HEART PUMPING!**

Keep hearts beating and brains healthy with every step. Get moving together with our new activity tracker and challenges.

### **I WALK TO SAVE LIVES!**

Fund lifesaving research that leads to medical breakthroughs and saving lives right here in our community.

**SIGN UP, STEP OUT, AND SHARE YOUR PERSONAL WHY!**

**May 4, 2024**  
**Gene C. Reid Park, Tucson**

LIVE FIERCE.  
BE RELENTLESS SPONSOR



LOCALLY SPONSORED BY  
LIVE FIERCE.  
SOUTHERN ARIZONA SPONSOR



PLATFORM SPONSOR



Banner University Medicine Tucson | Carondelet Health Network | Cigna | Citi | Cornerstone Specialty Hospital | Cox F45 Training | Hughes Federal Credit Union | Mr. Rooter Plumbing of Tucson | Pain Institute of Southern Arizona | Pima Heart and Vascular | TCI Wealth





## Your Heart Walk **MADE EASY!**

Participating in the Heart Walk is about

**COMING TOGETHER  
GETTING HEART PUMPING  
HONORING SURVIVORS**

**RAISING LIFESAVING FUNDS  
SPREADING AWARENESS  
HAVING FUN ALONG THE WAY**

This year's event invites you to Heart Walk Here with us in person  
or wherever you feel inspired on May 4, 2024



### **START (OR JOIN) A TEAM!**

Register today at **[SoAZHeartWalk.org](https://SoAZHeartWalk.org)** for instant access to fundraising tools and rewards. By offering flexible options for participation, we're going to reach more people than ever!



### **RASIE FUNDS & SAVE LIVES**

Start fundraising fast with Facebook. Log into your Heart Walk HQ to connect your fundraiser and follow the steps to invite your friends, share updates and collect donations



### **LET US CELEBRATE YOU!**

The more funds you raise, the more points you earn to redeem for Heart Walk Hero Gear and show your support of the American Heart Association all year long!





American Heart Association®  
**Heart Walk.**

# IT ONLY TAKES A FEW STEPS TO SAVE LIVES LIKE *JAVION*



**JAVION,**  
Cardiac  
Arrest  
Survivor

At 13, Javion collapsed during basketball practice will suffering sudden cardiac arrest. His coaches preformed CPR and used an AED to shock his heart back into rhythm, saving his life. By giving to the American Heart Association, you are contributing to, witnessing , and progressing life-saving science while saving lives like Javion.

The AHA is committed to funding early-career investigators, whose work is vital to the future of heart and brain health.

**22 MILLION  
PEOPLE  
TRAINED**

In CPR every year

**19+ MILLION  
PATIENTS  
BENEFITED**

From a Quality Care Initiative  
for High Blood Pressure

**\$4.9 BILLION  
INVESTED**

in Research Funding since 1949  
which is more than any non-  
profit organization except the  
federal government

**14 NOBEL  
PRIZE  
WINNERS**

and other notable brain and  
cardiovascular scientists had  
their careers launched thanks  
to funding from the AHA

**2 OUT OF 3 APPLICATIONS  
RECEIVED**

equal to 1,530 application  
worth about \$412.5 million  
were not able to be funded

**598 NEW  
RESEARCH  
PROJECTS**

in the last year which totaled  
to \$135.8 million

# HOW CAN I MAKE MY MARK?



## **I WALK TO SAVE LIVES.**

With every step I take, I know I am helping fund the next big breakthrough that may help save the life of someone I love – or even my own life. Every walker who joins, every dollar donated, means more research, more people trained in lifesaving CPR, more medical breakthroughs and more lifesaving moments for hearts big and small.



## **EAT SMART.**

Healthy eating starts with healthy food choices. Obesity, high blood pressure and high cholesterol are all risk factors for heart disease and stroke. You don't need to be a chef to create nutritious, heart-healthy meals your family will love. Eating a healthy diet is an important first step to bringing health and well-being into everyone's homes. [Click Here to Learn More.](#)

## **GIVE GRATITUDE.**

Managing stress means managing your health. Gratitude, or thankfulness, is a powerful tool that can reduce levels of depression and anxiety and improve sleep. [Click Here to Learn More.](#)

## **BECOME A LIFESAVER.**

Our hands can do so many things, the most important of which may be saving someone's life. When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. [Click Here to Learn More](#)

## **JOIN THE CONVERSATION.**

In Southern Arizona we are having conversation in the community about Nutrition Security and Healthy Eating. Watch your inbox for information about upcoming Community Conversations.

**LOCALLY SPONSORED BY**



**foodsmart**

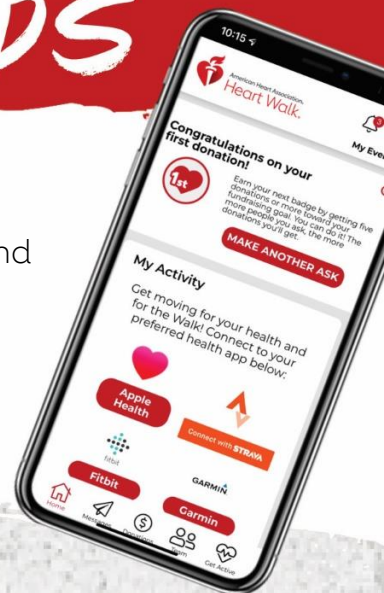




Move more, **RAISE FUNDS**

## THERE'S AN APP FOR THAT!

Download the Heart Walk App to join the Move More Activity Challenge and kick off your fundraising. You now can track your minutes of exercise right from your phone! Through the Heart Walk app you'll be able to log in and start tracking **30 days before your Heart Walk event!**



## MOVE MORE ACTIVITY CHALLENGE

You can now track your minutes of exercise and participate in fun activity challenges right from your phone through the Heart Walk app!

## "SET IT AND FORGET IT" MESSAGES

Pre-written Emails, Text Messages or Social Media posts makes it easy for your friends and family to support you and our mission with a donation!

## MY PERSONAL IMPACT GOALS

Total Raised

\$ \_\_\_\_\_

Teammates to Recruit

# \_\_\_\_\_

This year,

**I WALK FOR** \_\_\_\_\_





American Heart Association.  
Heart Walk.

# WEEK OF WELLNESS



Exercise your mind, body and spirit during the week leading up to your Heart Walk. Find a daily dose of inspiration on the @AHAArizona Facebook page !

LOCALLY SPONSORED BY [SPONSOR NAME]

4/29-5/3

## **MOVE MORE MONDAY** April 29th

Get warmed up for **Week of Wellness** and [Stop Sitting](#) today with a binge break with our #MadeYouMove [Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#).

## **EAT SMART: HEALTHY TIPS TUESDAY** April 30th

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with [healthier condiments](#) or [smart substitutions](#)!

## **BE WELL WEDNESDAY** May 1st

On our final Heart Walk Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a [guided meditation](#).

## **THANKFUL THURSDAY** May 2nd

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

## **BEST FRIENDS FRIDAY** May 3rd

Share a photo of you and your furry best friend on walk. Be a part of our Top Dog Contest by posting a photo of your dog on the Facebook using #[CITY]HeartWalk.

## **HEART WALK DAY!**

Join us on May 4, 2024 at Gene C. Reid Park for our Heart Walk celebration. Can't join us in person? Create your own start line wherever you are! Share your photos with #SoAZHeartWalk!







# HEART WALK

## Day of Event



### **TOP WALKERS** (Raise \$1K+)

Let us celebrate your achievement as a Top Walker achievement with an invitation to the Heart Walk VIP Tent.



### **KNOW YOUR NUMBERS**

Knowing your numbers help determine risk for heart disease and stroke.



### **COMPETE IN THE PAW-LYMPICS!**

Anything is paw-sible. Take your four-legged friend through our pet agility course and earn a round of a-paws!

## CELEBRATE **SURVIVORS**

Survivors are the HEART of every walk. If you or your child are a survivor, show everyone your triumphs. At the Heart Walk, survivors are given commemorative red or white ball caps to wear during the walk. To celebrate our child Heart Heroes, we offer special SUPERHERO CAPES for young survivors.





# CELEBRATE SURVIVORS



Our **SURVIVOR FINISH LANE** celebrates the journey heart disease and stroke survivors have taken to be at the Heart Walk. Be filled with joy as volunteers, family and friends all participate in our cheering section as you cross the finish line. Don't forget to pose for a Survivor Finish Line photo op and ring the Survivor bell to celebrate your accomplishment of crossing the finish line.

LOCALLY SPONSORED BY



**CORNERSTONE**  
SPECIALTY HOSPITALS  
Empowered by ScionHealth

## SAVE LIVES AND EARN SWAG!

Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center —points you can redeem for **Heart Walk Hero Gear**. It's our way of saying thanks and it's a great way to show your support of heart and brain health!

### REWARD MILESTONES AND LEVELS

\$100  
HERO

\$250  
MEDALIST

\$500  
WARRIOR

\$1,000  
LIFE  
SAVER

\$2,550  
ADVOCATE

\$5,000  
CHAMPION



Log in to your Heart Walk HQ on your PC or HW App to visit the [Rewards Center](#).

**During your walk, listen to our EXCLUSIVE Heart Walk on Demand playlist, wherever you are!**



I walk to save lives. So can you.

2024 Southern Arizona

# HEART WALK

May 4, 2024 | Gene C. Reid Park



@AHAArizona



@AHAArizona



@AHAArizona

## TODAY

**Register online** for access to our turnkey digital tools and rewards at [SoAZheartwalk.org](https://SoAZheartwalk.org)

LIVE FIERCE.  
SOUTHERN ARIZONA SPONSOR  
 Banner  
University Family Care

3/8/24

Participate in our **City-Wide Rally Day** to recruit your full team and raise awareness!

LIVE FIERCE.  
BE RELENTLESS SPONSOR

 arizona  
complete health.

PLATFORM SPONSOR

**foodsmart**

4/3/24

Get ready for Heart Walk Day, get out and get moving with friends, family and co-workers on **National Walking Day**.

**Optum**



4/4/24

**Move More Activity Challenge** goes LIVE in the Heart Walk app

Banner University  
Medicine Tucson  
Carondelet  
Health Network  
Cigna  
Citi  
Cornerstone  
Specialty Hospital  
Cox  
F45 Training  
Hughes Federal  
Credit Union  
Mr. Rooter Plumbing  
of Tucson  
Pain Institute  
of Southern Arizona  
Pima Heart  
and Vascular  
TCI Wealth

5/4/24

**Southern Arizona Heart Walk!** Join the fun on social media with #[CITY]HeartWalk #HeartWalk

FAQs

[Click here](#) to visit our frequently asked questions!