



American Heart Association.
Heart Walk®



Lee Heart Walk Digital Experience

Nothing unites us like doing good together!

Heart Walk has always been about coming together, getting hearts pumping, honoring survivors, raising lifesaving funds - and having fun along the way.

Get ready to "lace up" with us and walk where you are on Saturday, December 12!

Let's get started!



START OR JOIN A TEAM

Register today at LeeHeartWalk.org



KICKSTART YOUR EFFORTS

Get your fundraising going by making a personal donation and asking others to support you. Sharing your fundraising page to Facebook is a great start!



RECRUIT OTHERS AND WALK

Ask co-workers, friends and family near and far to join your team.
Walk where you are - every step makes a difference!

Lee Heart Walk Sponsors

Signature Sponsors



Major Local Sponsors



Local Sponsors

BKS Partners ♥ Brown & Brown ♥ Minnesota Twins ♥ Pam Knous ♥ Wear the Fund

Let's Get Digital!

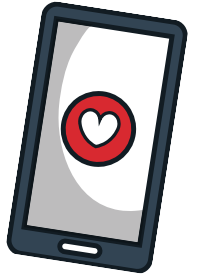


The **Facebook Event Page** is where it's at!

We have so many fun things planned to take this Digital Experience to the next level! Be sure to search Facebook for the 2020 Lee Heart Walk Digital Experience and then select "Going" so you don't miss a minute of the action!

NEW! Check out the Heart Walk Activity Tracker

The Heart Walk app now has the ability to track your steps right from your phone! You'll be able to log in and start tracking 30 days before the event!



Follow along with our Week of Wellness

Register for the 2020 Heart Walk and join us for a week of wellness and enjoy many of your favorite walk elements including yoga, zumba, a step challenge and much more!

Also, there is a free **Step Challenge** in the Heart Walk mobile App starting one month before the Heart Walk, November 12, 2020.



Mindful Monday

A good deep breath to start the week. Join us on the Facebook event for a quick yoga session to set your body and mind for the week. Locally sponsored by **Lee Health**.



Turn it up Tuesday

We'll share some great music options to get yourself moving and even a chance to enjoy a quick Zumba session. Locally sponsored by **Lee Health**.



Wellness Wednesday

A heart healthy recipe just for you and all the directions that go with it. Check out the Facebook event for a cooking demonstration. Locally sponsored by **Lex Roulston**.



Thankful Thursday

Take time to be thankful for your own health. Remember, if you are suffering from a symptoms of a heart attack or stroke, the safest place is a hospital. Don't Die of Doubt locally sponsored by **B&I Contractors, Inc.**



Fit Friday

Get out and go for a walk! Finish out the step competition strong!



Celebration Saturday

Throw on your company shirt, and get walking with your family or friends whenever you can wherever you are. Make sure to tag #LeeHeartWalk and share your experience with us on social media!

Have Some Heart Walk Fun No Matter Where You Are!



Calling All Superheroes

Our youngest CHD survivors and their families are superheroes in our eyes! CHD survivors and their siblings can wear Survivor and Heart Hero capes as well as utilize custom Facebook frames. To request your cape(s), email SWFL@heart.org and be sure to share your cape photos with #LeeHeartWalk!

Presented by



Find a custom superhero coloring sheet at the end of this Event Guide!



Celebrating Our Survivors

Although our heart and stroke survivors won't be physically walking down Survivor Lane this year, custom Facebook frames are available to celebrate you on social media! Share your photos with #LeeHeartWalk so we can include you in our post-walk survivor celebration video. Watch for a special Survivor Spotlight video series on Facebook leading up to the event!

Presented by



Claim Your Custom Frame

1. On your Facebook page, hover over your profile photo and select **"Update"**
2. Select **"Add Frame"**
3. In the search box, type **"2020 Lee Heart Walk"** to see available superhero and survivor frames
4. Select the appropriate frame
5. Drag to reposition your profile picture if needed
6. Select the time frame from the drop down for how long you want to utilize the frame
7. Select **"Use as Profile Picture"** to save
8. Show it off to your friends and family!

Does your dog have what it takes to be **TOP DOG?**

HOW TO ENTER:

1. Post a photo of your dog on the Heart Walk Facebook Event Page using #LeeHeartWalk.
2. Encourage family and friends to join the Facebook Event Page and "like" your photo.



Sponsored by Brown & Brown

T-SHIRT CONTEST



HOW TO ENTER:

1. Dig through your drawers and find your vintage Heart Walk tshirts.
2. Post your vintage tshirt photos to the Facebook Event Page.
3. See who has the oldest tshirt from a SWFL Heart Walk.

Sponsored by Wear the Fund



Chalk Your Walk

Get creative and make your own Start Line. Decorate your driveway or sidewalk with chalk for a motivating and photo-worthy starting point for your walk! Share your pics with #LeeHeartWalk



Get Ready

A proper warm-up is key to success! Follow along with a pre-walk warm-up video hosted by Lee Health in the Facebook Event Page on Saturday morning.

Presented by



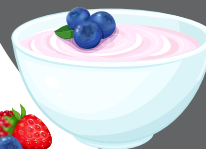
Tune In!

The Opening Ceremonies will be on the Facebook Event Page on Saturday, December 12. We can't wait to see you there and have you share your walk and activities on Celebration Day.



Fuel Up!

Eat a heart-healthy breakfast before you start and prep a delicious afternoon lunch using our heart-smart recipe cards at the back of this Event Guide.



Presented by



Get kids moving

Use the printable scavenger hunt in this toolkit to make your walk extra fun and share photos on our Facebook event! You can also enjoy the list of new ideas to get your kids active at home with the guide included here.

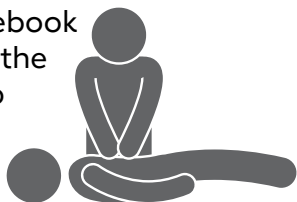


Dedicate Your Walk

Find a printable tribute sticker cutout at the back of this Event Guide where you can write the name of a loved one affected by stroke or heart disease that you dedicate your walk to.

Learn to Save a Life

Hands-Only CPR is simple to learn and can save a life! Be sure to check out our Facebook Event Page leading up to the event for educational info and CPR success stories!



Presented by



FINISH

No matter where your finish line is, finish strong. Send us your photos of your finish and tag #LeeHeartWalk.





Digital Experience FAQs

FAQ - Frequently Asked Questions

When is the Heart Walk? Saturday, December 12th, 2020. You can start tracking your steps through the Heart Walk App on your phone November 12th. We'll be celebrating throughout the month leading up to the Heart Walk in the Heart Walk Facebook event.

Where is the 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, your friends and show your new finds to your pets too.

How do I show that I'm participating? Share your photos and videos using the hashtag [#LeeHeartWalk](#) and post it to our [Lee County Heart Walk Digital Experience Facebook Event](#). We will have fun activities and challenges there too, so keep checking! Reach out to your AHA staff partner, Kelly Glewa (kelly.glewa@heart.org) if you run into any 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 and important updates.

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 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 this year, too.

Where can I send donations? If you have donations that you can't donate [online](#), please send checks to the local office at 9200 Estero Park Commons Blvd. #7, Estero, FL 33928. Mention Heart Walk on your check or envelope.

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



American Heart Association.
Heart Walk.

Follow



QUESTIONS?

Kelly.Glewa@heart.org

LeeHeartWalk.org



Printable Resources



American Heart Association.
Heart Walk.

I'm walking in tribute to:



American Heart Association.
Heart Walk.

HANDS-ONLY CPR

CPR can double or even triple a person's chance of survival.



3. Continue CPR until professional help arrives

Be the Beat®

Presented by



American Heart Association.
Heart Walk.

HEART-HEALTHY RECIPE

Banana Split Berry Yogurt Parfaits



Enjoy this heart healthy recipe before your heart walk digital experience!

Ingredients:

2 six-ounce packaged, fat-free pineapple yogurt
1 cup sliced strawberries
OR
1 cup mixed berries
1 large banana (about 1 cup sliced)
1/4 cup low-fat granola (4 Tbsp)
1 tablespoon cocoa (unsweetened)
1 tablespoon confectioner's sugar
2 tsp hot water

Instructions:

1. To assemble parfaits, in small dish, layer about 1/3 cup yogurt, 1/4 cup sliced strawberries, 1/4 cup sliced bananas and sprinkle with 1 tablespoon granola.
2. In small cup, stir together cocoa, confectioners' sugar and hot water until smooth. Drizzle 1 teaspoon over each parfait.
3. Enjoy!

Nutrition:

Serving size: 4 Calories: 157 Total Fat: .9g
Saturated Fat: .2g Polyunsaturated Fat: .2g
Monounsaturated Fat: .3g Cholesterol: 1mg
Sodium: 75mg Total Carbohydrate: 34g
Dietary Fiber: 2g Sugars: 25g Protein: 6g

Presented by:



For full nutritional facts, find this recipe on Recipes.Heart.Org



American Heart Association.
Heart Walk.

HEART-HEALTHY RECIPE

Baked Pita with Cheese, Tomatoes and Cucumbers



Enjoy this heart healthy recipe after your heart walk digital experience!

Ingredients:

4 six-inch whole-wheat round pita breads (cut in half)
4 oz fat-free, shredded mozzarella cheese (about 1 cup)
1 clove garlic (minced)
1/2 teaspoon dried basil
2 medium tomatoes sliced into quarter-inch rounds (salt-free)
1 large cucumber cut into quarter-inch pieces (peeled)
1 green onion (chopped)

Instructions:

1. Preheat oven (regular or toaster oven) to 350 degrees.
2. Cut the pita breads in half and set aside.
3. Shred the cheese and mix well with the garlic.
4. Sprinkle the dried basil over the shredded cheese.
5. Divide cheese evenly between the 8 pita halves, 2 Tablespoons per pita bread.
6. Place pita breads with cheese on a flat pan, cookie sheet or aluminum foil and put in the oven for 5 minutes, until the cheese melts. You may wish to make these in batches to keep the cheese melted and the bread from getting hard.
7. Remove from heat carefully, put on plates and serve with sliced tomatoes, cucumbers, and green onions.

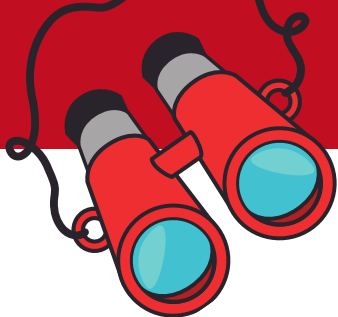
Nutrition:

Serving size: 4 Calories: 223 Total Fat: 1.8g
Saturated Fat: .3g Polyunsaturated Fat: .7g
Monounsaturated Fat: .2g Cholesterol: 5mg
Sodium: 536mg Total Carbohydrate: 39g
Dietary Fiber: 6g Sugars: 4g Protein: 16g

Presented by:



For full nutritional facts, find this recipe on Recipes.Heart.Org



KID ZONE SCAVENGER HUNT

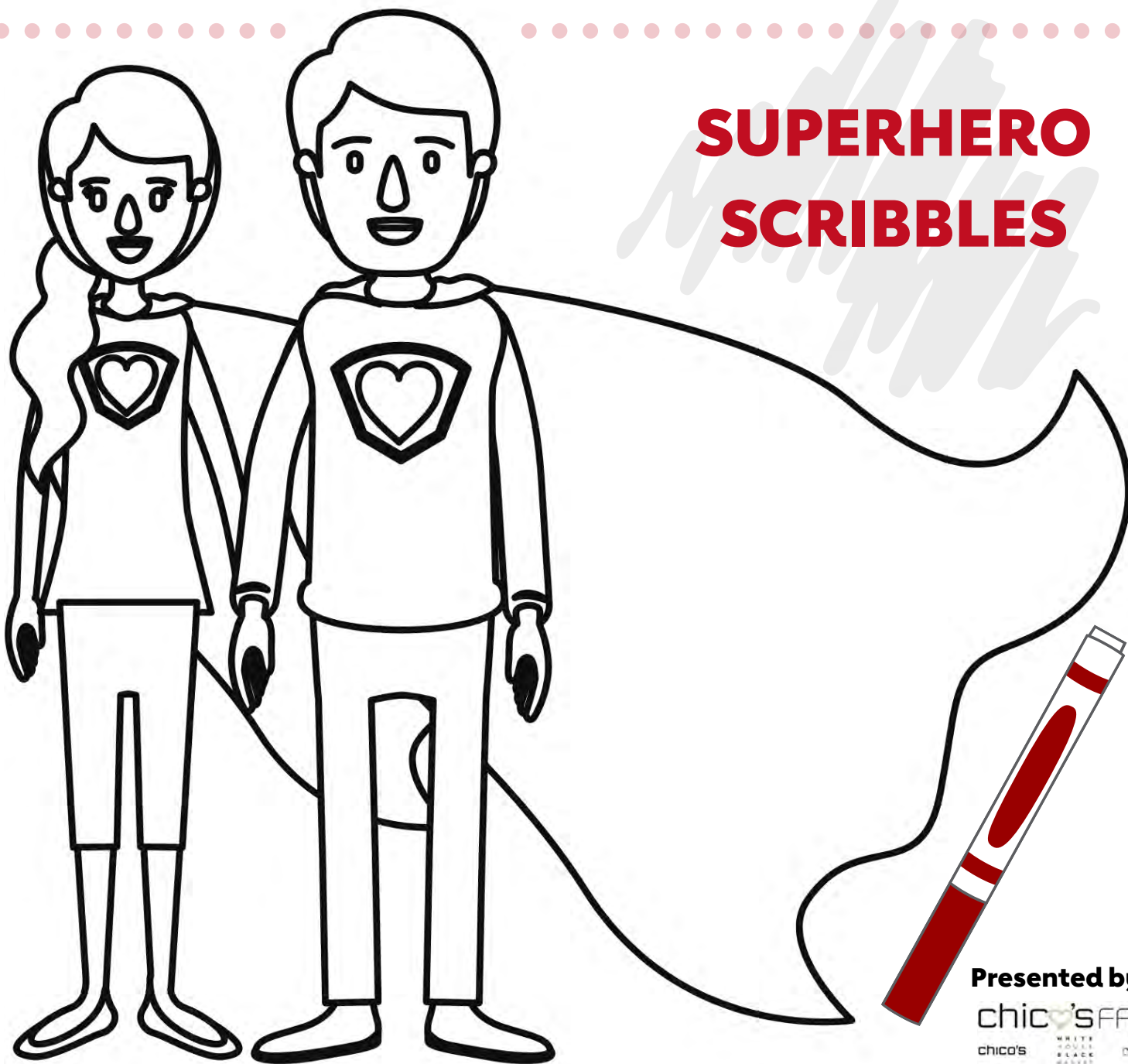
Print this list and keep your eyes peeled for the items below. Check off everything you see while out on your Heart Walk. Share a photo of your completed list on the Facebook Event Page with #LeeHeartWalk.

- | | |
|--|---|
| <input type="checkbox"/> Post a photo of your walking shoes | <input type="checkbox"/> Basketball hoop |
| <input type="checkbox"/> American flag | <input type="checkbox"/> Something that is shaped like a circle |
| <input type="checkbox"/> Fire hydrant | <input type="checkbox"/> Flowers |
| <input type="checkbox"/> Person riding a bicycle | <input type="checkbox"/> Oak tree |
| <input type="checkbox"/> Post a photo of you and your family walking | <input type="checkbox"/> Post a photo of your completed one or three mile |
| <input type="checkbox"/> Red car or truck | |

Presented by



SUPERHERO SCRIBBLES



Presented by





American Heart Association®

Heart Walk®

I'm walking in tribute to:



25 WAYS TO GET MOVING AT HOME



1

Run in place for
30 seconds



2

Dance party
for 1 minute

3

Stand up and sit
down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air
without touching the ground
(make it harder by only
using heads or elbows)

6

Jumping jacks
for 30 seconds

7

Do the
hokey pokey

8

See how many
squats you can do
in 15 seconds

9

Stand up, touch
your toes

10

Wall sits
while reading



11

One-minute
yoga

12

Stretch your
hands high over
your head



13

Arm circles forward for
30 seconds, arm circles
backward for 30 seconds

14

10 frog jumps



15

Standing mountain
climbers for
30 seconds

16

Stand on one leg, put
your hands up, put your
hands out to the side

17

5 lunges on the right leg,
5 lunges on the left leg

ABC 18 4/4

18

Practice spelling,
do a squat for
every vowel

19

Run in place for 30
seconds, check your
heart rate

20

Practice spelling by
doing a jumping
jack for each letter

21

30-second plank



24

Ball toss spelling practice.
Toss the ball and say a letter
then toss the ball to someone
else to say the next letter

25

High knees
for 30 seconds

22

Practice math problems, do a
jumping jack every time the
answer is an even number

23

20 leg lifts

heart.org/KidsActivities