



American Heart Association®
Heart Walk®



MIAMI-DADE HEART WALK & 5K RUN 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 at 9AM on Saturday, November 21st!

Let's get started!



START OR JOIN A TEAM

Register today at MiamiDadeHeartWalk.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!

Signature Sponsor



Community Heart Disease
Prevention Sponsor



Local Sponsors

Almazan Law

AstraZeneca

AvMed

Brand Institute

Media Sponsors



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 Miami-Dade Heart Walk & 5K Run 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

The Week of Wellness leading up to November 21st will be action-packed to exercise your mind, body and spirit. Visit the Facebook event page daily for your dose of inspiration!



#Motivation Monday

Kick-off the 5 day countdown to the Heart Walk by posting a motivational video encouraging the community to get out and walk!

Presented by Almazan Law



Turn It Up Tuesday

Don't forget to make your step challenge fun! Show us how you get your steps in by dancing to your favorite music, post a video and #Miamiheartwalk!

Presented by AvMed



Wellness Wednesday

November is Eat Smart Month. We're serving up nutrition tips!

*Presented by MCVI/
Baptist Health South Florida*



Thirsty Thursday

Re-think your drink with a flavored water recipe video.

*Presented by MCVI/
Baptist Health South Florida*



Fit Friday

Finish the Step Challenge on the Heart Walk Activity Tracker!

Presented by Team FootWorks



Celebration Saturday

IT'S TIME! Log in to the Facebook [event page](#) at 9AM for exciting Opening Ceremonies and some special surprises. And then get walking, wherever you are! Share your photos with #MiamiHeartWalk!

Have Some Heart Walk Fun No Matter Where You Are!

Celebrating Our Survivors

Almazan Law will help honor our heart disease and stroke survivors in a compelling way. For some survivors and their families, walking this mile is a struggle, but it demonstrates a desire to never give up. As the Survivor sponsor, Almazan Law can be a part of this memorable moment and be the reason they feel celebrated as they complete their first mile and cross the finish line.

**TELL US WHO YOU ARE WALKING IN HONOR OF
AND SHARE YOUR PHOTOS WITH
#MIAMIHEARTWALK - MAKE SURE TO MAKE
YOUR POSTS PUBLIC!**

Presented by
Almazan
Law



#MIAMIHEARTWALK

TELL US WHO YOU ARE WALKING FOR!



Be sure to grab your
tribute sticker in the
printable resources.

TOBACCO END GAME

Half of all
students who
use e-cigarettes
report wanting
to quit!

Nearly
90 PERCENT
of smokers first try a
tobacco product by
age 18. But if someone
has not started using
tobacco by age 26, they
are likely to never start.

DID YOU KNOW?

Approximately 20 percent of high school students and 5 percent of middle school students use e-cigarettes- that is a total of more than 3.5 million.

Together, the American Heart Association, Miami-Dade County Public Schools, Schiller Americas and CVS will work together to educate our students on the dangers of vaping.

Presented by



TUNE IN!

The Opening Ceremonies will start at 9AM on the Facebook Event Page. Tune in to see our emcees Ivan Taylor of Univision23 and Melissa Carcache reporting live, guest speakers and so much more!

CREATE YOUR OWN DIY START LINE

Presented by



MCVI, a part of Baptist Health South Florida will be joining us live for our ribbon cutting ceremony and countdown in Miami! Join us on the Facebook Event Page for opening ceremonies at 9AM. Don't forget to print and grab your walker bib presented by MCVI and share your photos on Facebook!



GET READY



A proper warm-up is key to success! Follow along with a pre-walk warm-up video hosted by T.D. from the Miami Dolphins on the Facebook Event Page at 9AM!



SWEATY SELFIE

PRESENTED BY: SCHILLER AMERICAS

We want to see your selfies!

As you're logging your steps and getting active where you are share your Healthy Selfies. Make sure to make your post public and #MiamiHeartWalk.



GRAB A HEALTHY SNACK

PRESENTED BY: MCVI/BAPTIST HEALTH SOUTH FLORIDA

Check out the printables section of this packet for healthy snacks and staying hydrated while you walk today!

SCAVENGER HUNT

Use the printable scavenger hunt at the end of this Event Guide to make your walk extra fun and share photos or videos from your hunt using #MiamiHeartWalk! The first to find all of the items is the winner!

WHAT YOU NEED To Walk Where You Are

- Your Walker Bib
- Tribute Sticker
- Finish Line Certificate
- Computer or phone to join our Facebook Live!



FINISH LINE

No matter where your finish line is, finish strong. Print your certificate and snap a photo to post on your Facebook page letting everyone know you finished strong! Don't forget to #MiamiHeartWalk

Presented by





Digital Experience FAQs

When is the Heart Walk? Saturday, November 21st, 2020. Tune in to the [Facebook Event Page](#) at 9AM.

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 and furry friends!

How do I show that I'm participating? First, be sure to go to [MiamiDadeHeartWalk.org](#) to start or join a team. Then, on November 21st, share your photos and videos of your walk on social media using the hashtag [#MiamiHeartWalk](#). We will have fun activities and challenges on these platforms, so keep checking!

Should I still register? Yes! We are striving to have the biggest Heart Walk ever, so please register on [MiamiDadeHeartWalk.org](#). Registering here allows you to maximize your impact by recruiting others to join and donate to your efforts.

Since the event is digital, 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 now more than ever, and we are counting on YOU and your support through the Heart Walk to continue funding our critical mission.

Where can I send donations? This year, online donations are preferred. If you have donations that you can't donate online, please mail them to the local AHA office at 4000 Hollywood Blvd, Suite 170N, Hollywood, FL 33021 Attn: Miami Heart Walk. ****Note: mailing cash is not advised, please only mail checks or money orders.** Be sure to include your full name inside the envelope so we can credit your efforts!

I'm a survivor! Please reach out to SouthFlorida@Heart.org to share your story and be sure to use your special Survivor bib (see page 10 for printable version)

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 enjoy fall weather in Miami.

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!

HAVE MORE QUESTIONS?
Email: SouthFlorida@heart.org

MiamiDadeHeartWalk.org



5K Run FAQs

How long is the run?

The timed run is a 5K. You will need to complete 3.1 miles in order to qualify for the race.

What if the weather is bad?

This year, you get to run when you want and where you want. You can run ANYTIME you desire during the Race Weekend- November 21-22, 2020. Just make sure to upload your results by 8am on Monday, November 23rd!

Is there any special recognition for survivors of heart disease and stroke?

If you are a survivor and selected to be recognized while registering, your bib will reflect that. If you forgot to select "yes" while registering, please email SouthFlorida@heart.org and the team can send you an updated runner's bib.

How do I report my run time?

You can report your time by sending a photo of your run time, miles and bib number to SouthFlorida@heart.org. Results can be submitted any time between November 21st and November 23rd before 8am.

Does this race award a medal to finishers?

This year, medals will only be awarded to those who come in 1st, 2nd and 3rd place (in male and female categories).

Where will run results be posted?

The results will be posted on the [Heart Walk Website](#) on Monday, November 23rd by 5pm. The results will also be posted to the Miami Heart Walk & 5k Digital Experience [event page](#) and Facebook news feed.

Where do I turn in donations?

Please visit MiamiDadeHeartWalk.org to make donations online. If you have donations that you can't process online, please mail them to the local AHA office at 4000 Hollywood Blvd, Suite 170N, Hollywood, FL 33021 Attn: Miami Heart Walk. **Note: mailing cash is not advised, please only mail checks or money orders. Be sure to include your full name inside the envelope so we can credit your efforts!

Where do the proceeds go?

Donations raised for the Miami Heart Walk will go towards funding lifesaving heart disease and stroke research, community programs, and advocacy efforts. For more information, please visit www.heart.org.

HAVE MORE QUESTIONS?
Email: SouthFlorida@heart.org

MiamiDadeHeartWalk.org



Printable Resources



RETHINK YOUR DRINK

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



CHOOSE WATER.

Make water the easy, more appealing go-to choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at HEART.ORG/RECIPES.

Presented by



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

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

Instructions:

- 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.
- In small cup, stir together cocoa, confectioner's sugar and hot water until smooth. Drizzle 1 teaspoon over each parfait.
- Enjoy!

Presented by



For full nutritional facts, find this recipes on Recipes.Heart.org



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)

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

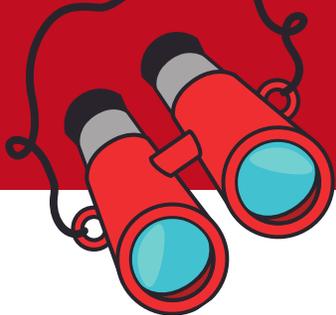
Instructions:

- Preheat oven (regular or toaster oven) to 350 degrees.
- Cut the pita breads in half and set aside.
- Shred the cheese and mix well with the garlic.
- Sprinkle the dried basil over the shredded cheese.
- Divide cheese evenly between the 8 pita halves, 2 Tablespoons per pita bread.
- 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.
- Remove from heat carefully, put on plates and serve with sliced tomatoes, cucumbers, and green onions.

Presented by



For full nutritional facts, find this recipes on Recipes.Heart.org



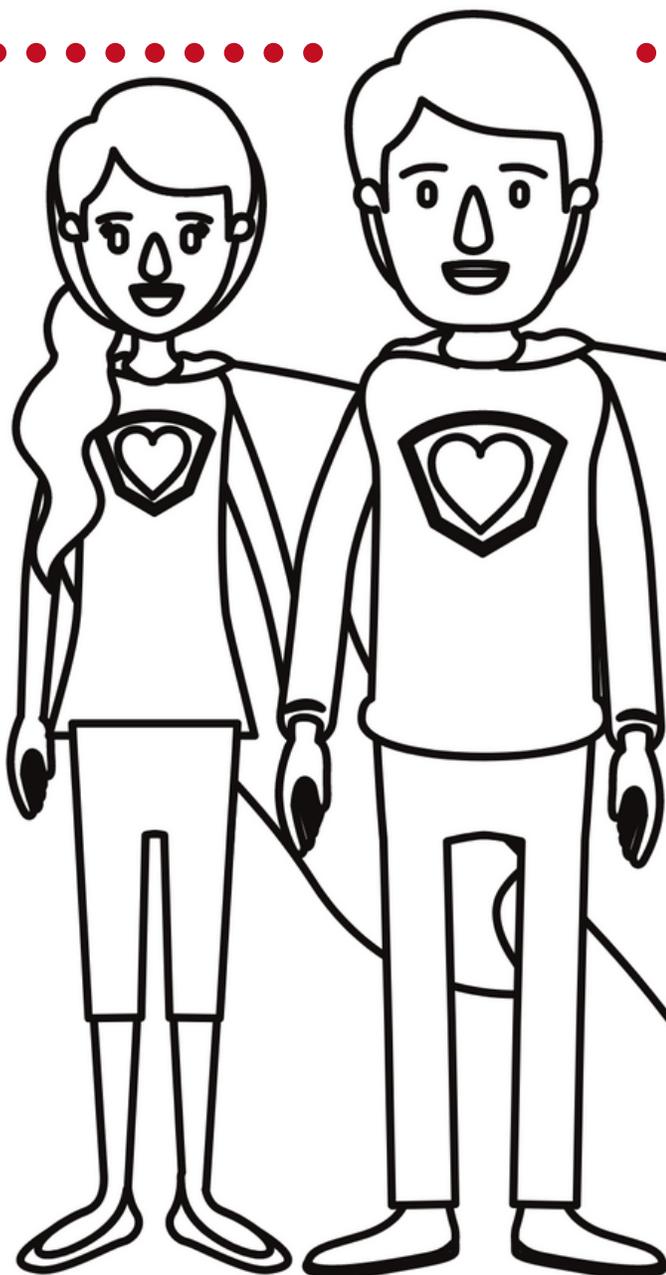
SCAVENGER HUNT

Print this list and check off everything you see while out on your Heart Walk. Share a photo of your items or completed list in the comments. The first to find all of the items is the winner!

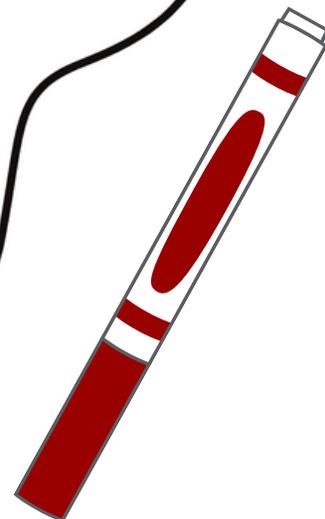
- Post a photo of your walking shoes
- American flag
- Fire hydrant
- Person riding a bicycle
- Post a photo of you & your family walking
- Red car or truck

- Basketball hoop
- Flowers
- Oak Tree
- Something shaped like a circle
- Post a photo of your completed 1 or 3 mile walk using #PBHeartWalk

Presented by
AvMed



**SUPERHERO
SCRIBBLES**



TRIBUTE STICKER

TELL US WHO YOU ARE WALKING FOR!

Let everyone know that you are walking in tribute to a loved one.

Locally sponsored by:

Almazan Law



American Heart Association.
Heart Walk.

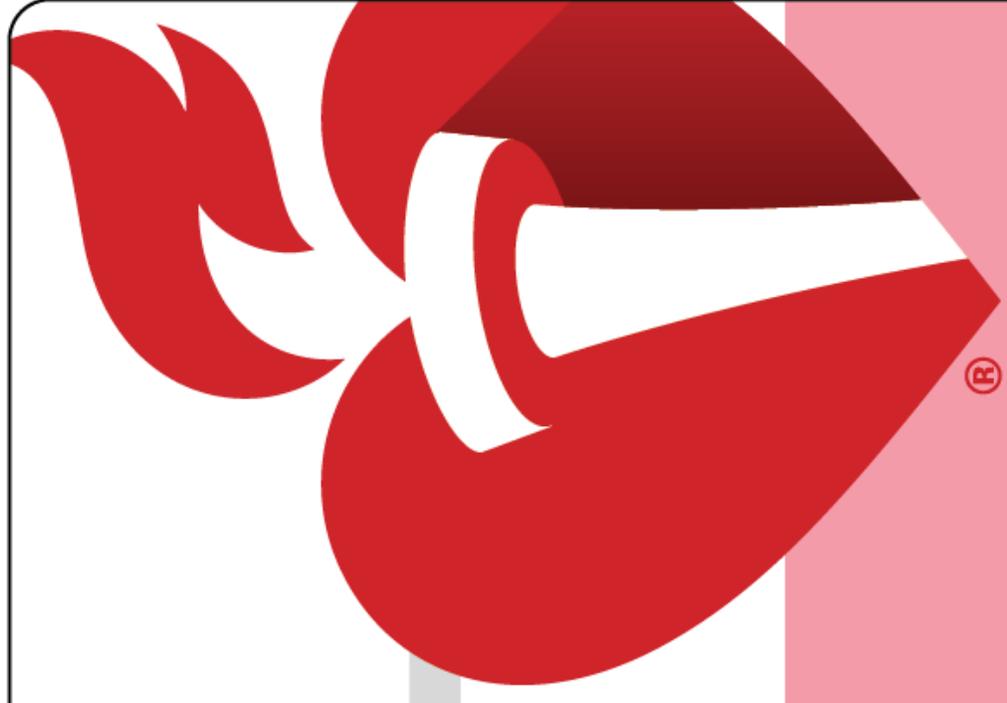
HEART WALK

I'm walking in tribute to:

Locally sponsored by:

Almazan Law

1003



SURVIVOR



Locally sponsored by:
Almazan Law

1006



WALKER



Locally Sponsored by:



Miami Cardiac &
Vascular Institute

BAPTIST HEALTH SOUTH FLORIDA



CONGRATULATIONS on finishing the 2020 Miami-Dade Heart Walk & 5K Run!

Locally sponsored by:

