



American Heart Association®
Heart Walk®



PALM BEACH COUNTY 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 at 9AM on Saturday, November 14th!

Let's get started!



START OR JOIN A TEAM

Register today at PalmBeachHeartWalk.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!

Healthy for Good Sponsor



30 Days of Heart Sponsor



Event Sponsors



CARRIER Encompass Health
Medical Specialists of the Palm Beaches - Cardiology

Media Sponsors



Let's Get Digital!

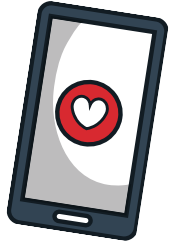


The Facebook Event Page is where it's at!

We have so many fun things planned to take this Digital Experience to the next level! Be sure to search Facebook for the 2020 Palm Beach County 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

The Week of Wellness leading up to November 14th will be action-packed to exercise your mind, body and spirit. Visit the Facebook event page daily for your dose of inspiration!

Presented by  **Cleveland Clinic**
Florida



#Motivation Monday

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



Turn It Up Tuesday

Join Twitch and his wife Allison for a quick workout video to get your blood pumping!



Wellness Wednesday

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



Thirsty Thursday

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



Fit Friday

Finish the Step Challenge on the Heart Walk Activity Tracker!



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 #PBHeartWalk!

Have Some Heart Walk Fun

No Matter Where You Are!

Celebrating Our Survivors



Encompass Health 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 Miracle Mile sponsor, Encompass Health 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.

**SHARE YOUR PHOTOS WITH #PBHEARTWALK
SO WE CAN INCLUDE YOU IN OUR POST-WALK
SURVIVOR CELEBRATION VIDEO.**

Presented by
Encompass
Health



*Watch for a special Survivor
Spotlight video series on
Facebook leading up to the event!*

TELL US WHO YOU ARE WALKING FOR!



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

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

HOW TO ENTER:

1. Submit a photo of your dog to PBC@Heart.org. Photos submitted will be posted on local Facebook page in an album.
2. Encourage family and friends to join the Facebook Event Page and "like" your photo!
3. The photo with the most likes is the winner. Top Dog to be announced on the Facebook Event Page on November 23rd!



Presented by



T-SHIRT CONTEST



HOW TO ENTER:

1. Design a t-shirt for your teammates to wear while they Heart Walk.
2. Email PBC@Heart.org to submit your design.
3. The winner will be announced on the Facebook Event Page.

TUNE IN!

The Opening Ceremonies will start at 9AM on the Facebook Event Page. Tune in to see our emcee Mike Trim of WPTV reporting live, guest speakers and so much more!

SHOW OFF YOUR OWN WALKER BIB

Presented by CARRIER

CARRIER will be joining us live for our ribbon cutting ceremony & countdown outside of their Palm Beach Gardens headquarters! Join us on the Facebook Event Page for opening ceremonies at 9AM. Don't forget to print and grab your walker bib presented by CARRIER 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 Palm Beach Sheriff's Office on the Facebook Event Page at 9AM!



HEALTHY SELFIE

Say cheese! Take the Healthy Selfie Pledge:

1. Post a photo with your healthy selfie pledge card on the Heart Walk Facebook Event page using #HealthySelfiePledge.
2. Connect with individuals, groups, friends and family members and encourage them to take the Healthy Selfie Pledge.

Presented by



YOGA FEST

Adding yoga to your routine has immediate as well as long-term benefits that contribute to whole body health. Exercise your mind with an interactive yoga fest on the Facebook Event Page!

Presented by



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 #PBHeartWalk! The first to find all of the items is the winner of an amazing prize generously donated by our Scavenger Hunt sponsor Tire Kingdom.

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. Tune in to the Facebook Event Page at 10:15AM to cross the digital finish line. Print your certificate and snap a photo to post on your Facebook page letting everyone know you finished strong!

Presented by

Medical Specialists of the
Palm Beaches - Cardiology



Digital Experience FAQs

When is the Heart Walk? Saturday, November 14th, 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 [PalmBeachHeartWalk.org](#) to start or join a team. Then, on November 14th, share your photos and videos of your walk on social media using the hashtag **#PBHeartWalk**. 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 [PalmBeachHeartWalk.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 11207 Blue Heron Blvd. North, St. Petersburg, FL 33716 Attn: Palm Beach 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 PBC@Heart.org to share your story and be sure to use your special Survivor bib (see page 11 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 Palm Beach.

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: PBC@heart.org

[PalmBeachHeartWalk.org](#)

Printable Resources



American Heart Association
Heart Walk®

HANDS-ONLY CPR

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



Be the Beat®

3. Continue CPR until professional help arrives

PRINT WHAT YOU NEED FOR YOUR HEART WALK EXPERIENCE



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, confectioner's 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 recipes on [Recipes.Heart.org](https://www.heart.org/recipes)



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.

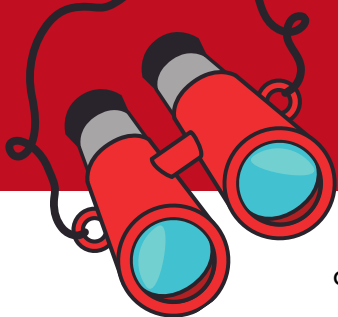
Nutrition:

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 recipes on [Recipes.Heart.org](https://www.heart.org/recipes)



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 of an amazing prize generously donated by our Scavenger Hunt sponsor Tire Kingdom. Contest rules and prize details can be found at PalmBeachHeartwalk.org.

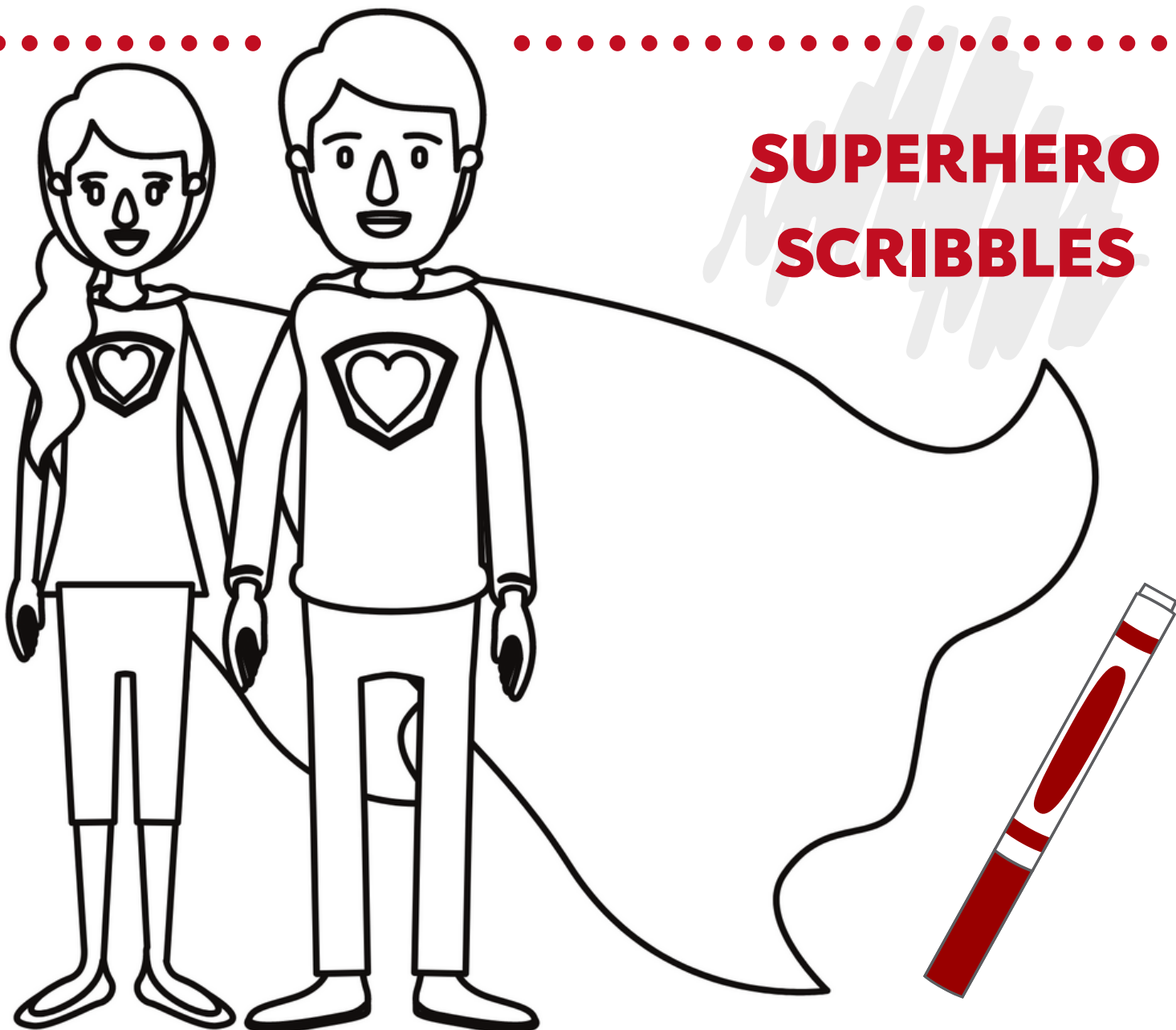
- ☐ Post a photo of your walking shoes
- ☐ American flag
- ☐ Fire hydrant
- ☐ Person riding a bicycle
- ☐ Post a photo of you & your family walking
- ☐ Red car or truck

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

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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:



American Heart Association.
Heart Walk.

HEART WALK

I'm walking in tribute to:

Locally sponsored by:



1001



HEART WALK COACH



Locally Sponsored by:



1006



WALKER



Locally Sponsored by:



1003

SURVIVOR



Locally Sponsored by:





CONGRATULATIONS

on finishing the 2020
Palm Beach County
Heart Walk!

Sponsored locally by

