



American Heart Association®  
**Heart Walk®**

# 2020 HEART WALK EXPERIENCE

*One Million People Moving & Raising Money to Save Lives*

This year will be the biggest Heart Walk you've ever seen. Our reimagined Heart Walk Digital Experience is designed to get more people moving across the nation while raising funds to save lives. Together, we will make the world a healthier place, but we can't do it alone. We need you. Sign up. "Lace up". And, say yes to health.



## JOIN A MILLION WALKERS

By moving the action online, we're going to reach more people than ever



## TEAM CAMARADERIE

Nothing unites a team like doing good together



## LACE UP WITH US

Get moving together with our new activity tracker and challenges



## SAVE LIVES

Help the 40% of COVID hospitalizations that are heart or stroke patients



## CELEBRATE

Join us on Walk Day to recognize all we have accomplished together



## CONNECT EASILY

Our upgraded all-digital platform makes it easy to connect, share and get rewarded

**Triangle Heart Walk**  
Saturday, October 10, 2020  
Location: Walk Where You Are

For more information, please contact the American Heart Association by email at [triangleheartwalk@heart.org](mailto:triangleheartwalk@heart.org).

**[www.TriangleHeartWalk.org](http://www.TriangleHeartWalk.org)**

## JOIN US TODAY!

REGISTER HERE:



**[www.TriangleHeartWalk.org](http://www.TriangleHeartWalk.org)**

Create a team or register as an individual.

# SAY YES TO HEALTH. SAY YES TO SAVING LIVES.



The American Heart Association remains committed to funding groundbreaking research and helping people be healthy through the excitement of walking together to change lives. And, we are still relying on your steps to help bring our mission to life. **Join us on Saturday, October 10th** and make sure everyone on your team is registered today so they don't miss a step with us!

Through the Heart Walk Experience we come together to shine a spotlight on:



A world free from heart disease and stroke



Being physically active.



Funding more research, advocacy and education on heart and brain health.



Overall health and wellbeing.



## Triangle Heart Walk Digital Experience

This year, we will be moving from a one-day event to an interactive, 5-week participant experience anchored by a celebration on Heart Walk Day.

- **September 1** – Triangle Heart Walk Rally Day
- **September 9** – Heart Walk Wednesday: Physical Activity
- **September 12** – Heart Walk Step Challenge Begins: will be tracked through the HW APP
- **September 16** – Heart Walk Wednesday: Healthy Eating
- **September 23** – Heart Walk Wednesday: CPR Awareness
- **September 30** – Heart Walk Wednesday: Mental Health and Wellbeing
- **October 7** – Heart Walk Wednesday: Physical Activity
- **October 10: Heart Walk Day Celebration**

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Triangle Healthy For Good Sponsors



Triangle Heart Walk  
Presenting Sponsor



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