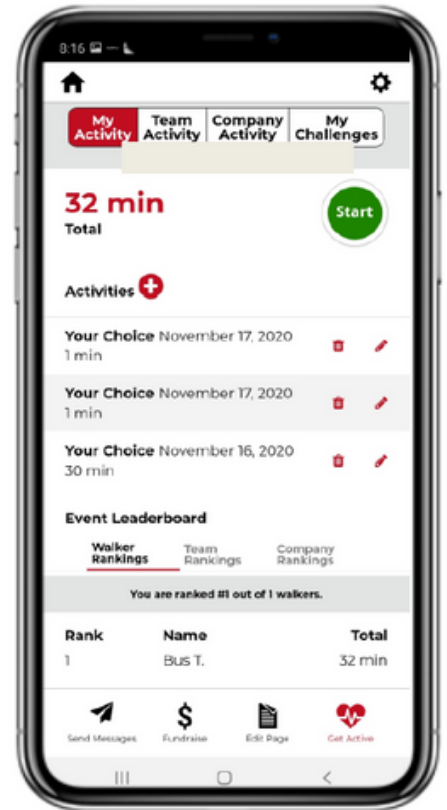


MOVE MORE CHALLENGE

LET'S GET MOVING FOR THE MISSION

- Step 1:** Start or join a team at www.GuilfordHeartWalk.org
- Step 2:** Download the free Heart Walk app and login with your username and password
- Step 3:** Once the challenge launches, you'll have 30 days to log your minutes. See if you can reach 150 minutes a week! Any way you move counts! You can walk, dance or even vacuum to stay moving.
- Step 4:** Join us on Celebration Saturday (May 15), as we celebrate the results of the challenge and what we have accomplished together as a community!



TIPS TO MOVE MORE

- **Put the screens on hold.** Instead of heading right for the TV after dinner, take a walk, practice a sport, or play a game of hide-and-seek.
- Clear some space, put on some music, and take a **dance break!**
- **Tune into fitness during TV time.** Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows.
- **Get your garden on.** Gardening, mowing and yard work are a great way to get active outdoors.
- Create an at-home circuit workout without any special equipment.
- Learn more ways to add activity to your routine at heart.org/HealthyForGood

Raise funds
AND raise
heartbeats

Simply download the Heart Walk app and GO!

