

August 7, 2021

From digital swag bag items to our Week of Wellness, we have so many fun and healthy things planned to take this Digital Experience to the next level! Be sure to join us on Facebook for the 2021 Hawaii Heart Walk Digital Experience!

www.hiheartwalk.org



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



CONNECT EASILY

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



CELEBRATE

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



SAVE LIVES

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



SAY YES TO HEALTH. SAY YES TO SAVING LIVES.

HEART CHALLENGE TIMELINE



April

MOVE MORE MONTH Move More Month is about taking steps that help you sit less and stay in motion no matter where you are! Visit the local AHA [FB/IG](#) pages each week to participate in the Move More challenges. Check out our [website](#) for even more tips on how to move more this month.

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May

STROKE AWARENESS MONTH Stroke is the #3 leading cause of death in Hawaii, and the #1 cause of disability. Learn the key facts about preventing, detecting and responding to [stroke](#). All participating Heart Challenge companies will receive a special kit sponsored by Zephyr Insurance Company, Inc.

Sponsored By



June

CPR AWARENESS WEEK Did you know that 70% of out-of-hospital cardiac arrests happen in homes? June 1st – 7th is [National CPR and AED Awareness Week](#), spotlighting how lives can be saved if more Americans know CPR and how to use an AED. Join the AHA for a fun and educational hands-only CPR demonstration on Tuesday, June 1st.



July

MOVE MORE ACTIVITY CHALLENGE We could all use some help to move more and stay in touch. The new step challenge will get you moving, while protecting the hearts you love. Click [here](#) to access the Move More Challenge Toolkit.

August

HEART CHALLENGE CELEBRATION Join the AHA as we celebrate the great impact made on the hearts of our community throughout the Heart Challenge series. Check out page 5 for more information on the full Week of Wellness leading up to our Digital Celebration on August 7th.

NEW YEAR, BIGGER IMPACT

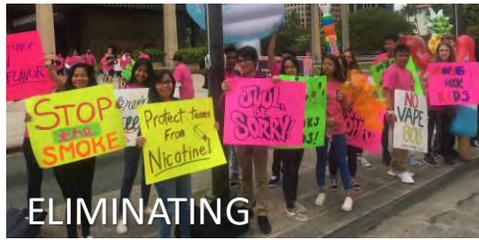


REDUCING

BLOOD PRESSURE

Nearly half of adults have high blood pressure and many do not know they have it. Black Americans have among the highest in the world.

We are supporting clinics in our communities, including Federally Qualified Health Centers, to provide access to provide community education and resources around better blood pressure management.



ELIMINATING

TOBACCO & VAPING

Tobacco use and vaping remains the single largest preventable cause of death and disease in the United States. The tobacco industry targets youth, people of color, those from LGBTQ+ communities and others with limited access and resources to get them addicted.

If we do not address this issue, tobacco will kill nearly half a million Americans each year.



INCREASING

NUTRITION SECURITY

1 in 10 people in America are at risk of not getting enough food each day. To address this issue, we're advocating for food security through a regional food system.

We've successfully helped advocate for state and federal funding to grow Supplemental Nutrition Assistance Program (SNAP) incentive funding allowing SNAP recipients to purchase twice as much fresh produce with the funds they receive.



PROMOTING

MENTAL WELL-BEING

Mental well-being and physical health are connected, and historically excluded communities are disproportionately impacted, especially now. Despite being treatable, there is an enormous treatment gap and barriers with stigma, discrimination, and access.

We are focused on achieving total and equitable health for all. The AHA is promoting and providing mental well-being content to our corporate and community partners.



REDUCING

RISK FOR WOMEN

Because heart disease kills 1 in 3 women, the AHA is focused on ensuring that women are aware of their risk factors, represented in research and have access to equitable treatment they need to live longer, healthier lives.

Through our efforts in just one decade 627,000 women's lives have been saved and 330 fewer women are dying every day.



ADDRESSING

COVID-19

The COVID-19 pandemic has the potential to accelerate diseases caused by delayed or lack of access to medical care, medications and healthy food. It is also contributing to unhealthy stay-at-home habits, high unemployment, stress and poor mental health.

In response, we invested \$2.5 million to investigate the cardiovascular implications of COVID-19, established new guidelines for administering CPR and worked with organizations to support physical activity.

NOW MORE THAN EVER, YOUR SUPPORT IS NEEDED.

By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science.

LET'S GET STARTED!

Heart Walk Digital Experience Made Easy!



Participating in the Heart Walk is 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 wherever you are on August 7, 2021!



START (OR JOIN) A TEAM. Register today at www.hiheartwalk.org for instant access to fundraising tools and rewards. By moving the action online, we’re going to reach more people than ever!



RAISE FUNDS & SAVE LIVES. Start Fundraising fast with Facebook. Log into your Heart Walk HQ to connect your fundraiser and follow the steps to invite your friends, share updates and collect donations.



LET US CELEBRATE YOU! The more funds you raise, the more points you earn to redeem for Heart Walk Hero Gear and show your support of the American Heart Association all year long!

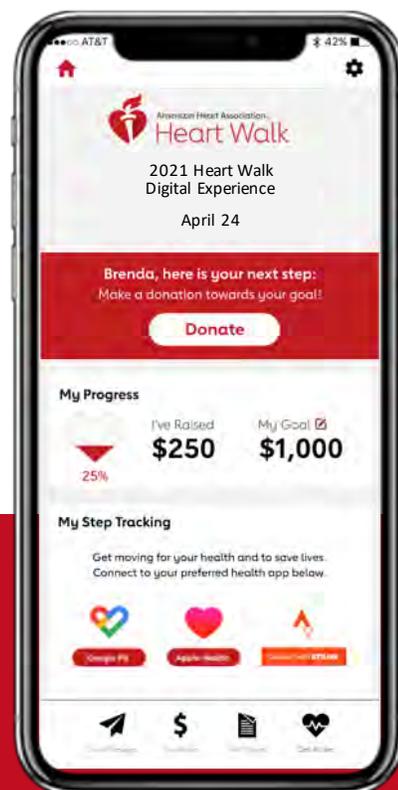
My Personal Impact Goals:

Total Raised:

\$ _____

Teammates to Recruit:

I Walk For:



Download the Heart Walk App to Join the Move More activity challenge and kick off your fundraising. You now can track your minutes of exercise right from your phone! Through the Heart Walk app you'll be able to log in and start tracking 30 days before the Heart Walk!

WEEK OF WELLNESS

August 2, 2021 – August 7, 2021

Exercise your mind, body and spirit during the week leading up to your Heart Walk. Find a daily dose of inspiration on the Facebook page at [Facebook.com/hearthawaii](https://www.facebook.com/hearthawaii)!



MOVE MORE MONDAY

August 2, 2021

Get warmed up for Week of Wellness and [Stop Sitting](#) today with a binge break with our #MadeYouMove [Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#).

*Locally Sponsored By:
Pacxa*



EAT SMART: HEALTHY TIPS TUESDAY

August 3, 2021

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with [healthier condiments](#) or [smart substitutions](#)!



BE WELL WEDNESDAY

August 4, 2021

On Be Well Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a [guided meditation](#).

*Locally Sponsored By:
Better Homes & Gardens, Valley Isle*



THANKFUL THURSDAY

August 5, 2021

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

*Locally Sponsored By:
KPMG*



BEST FRIENDS FRIDAY

August 6, 2021

Share a photo of you and your furry best friend on walk. Be a part of our Top Dog Contest by posting a photo of your dog on [Facebook](#) using #HiHeartWalk. And if you need a little pep in your step, try the [Heart Walk Playlist](#).

*Locally Sponsored By:
HEMIC Foundation*



CELEBRATION SATURDAY

August 7, 2021

IT'S TIME! Join us on [Facebook](#) for a celebration and some special surprises. And then get walking, wherever you are! Share your photos with #HiHeartWalk!

HEART WALK DAY

(How Can I participate?)

08/07/21



GET READY!

Kick off your Heart Walk Day by coming together with your company or team to celebrate crossing the finish line!

TUNE IN!



Join us on [Facebook](#) on Walk Day to connect with all the other walkers from Hawaii.



CHALK YOUR WALK



Ready to go for a walk? Decorate your sidewalk with a motivating and photo-worthy starting line. Be sure to share your pics #HiHeartWalk.

LOCALLY SPONSORED BY

KAISER PERMANENTE  thrive

CELEBRATE SURVIVORS

Survivors are the HEART of every walk. If you or your child is a survivor, show everyone your triumphs. As part of your Heart Walk swag bag, survivors are given commemorative red or white ball caps to wear during the walk to show their triumph over heart disease or stroke. To celebrate our child Heart Heroes, we offer special SUPERHERO CAPES for young survivors.

Please contact your local AHA Staff to find out how you can get your 2021 Heart Challenge Survivor cap before the big day on August 7th!



HEART WALK DAY 08/07/21

(How Can I participate?)



ENTER THE KIDS ZONE

Keeps your eyes peeled with the printable scavenger hunt to make your walk extra fun. Take a giggly Funny Walk Break and share your photos or videos with #HiHeartWalk.

HEALTHY SMILE, HEALTHY HEART

Did you know that brushing your teeth twice a day for at least two minutes may lower your risk of cardiovascular disease? Check out [this](#) AHA article for more info and be sure to share pics of your healthy smile during the Heart Walk Day celebration by using #HiHeartWalk!

TOP WALKERS (Raise \$1K+)

Let us celebrate your achievement as a Top Walker! More info to come on the exciting ways we will be celebrating Top Walkers during the 2021 Heart Challenge!

*Locally Sponsored By:
Hawaii Dental Service*

FINISH STRONG

No matter where your finish line is, finish strong. Tune in to the [Facebook Page](#) to cross the digital finish line and recognize all we have accomplished together!



Thank you for being a

**TOP
WALKER!**



FINISH

DIGITAL TOOLS YOU CAN USE!

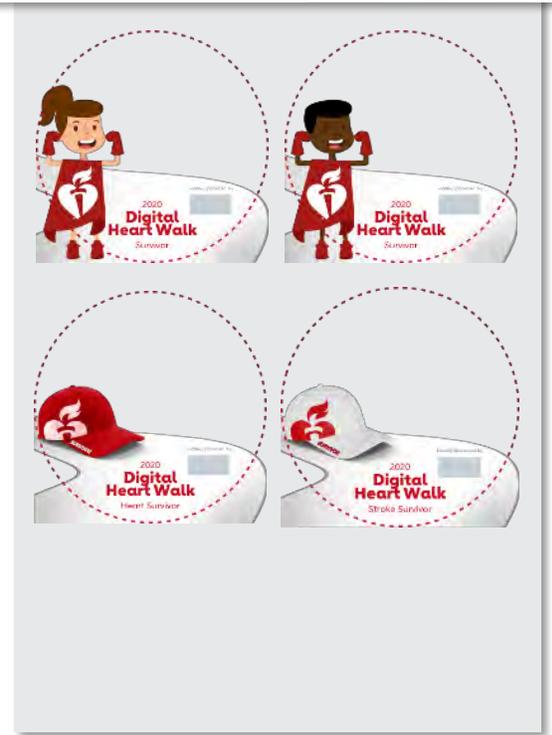
(No Matter Where You Are)

CLAIM YOUR CUSTOM SURVIVOR
FACEBOOK FRAME

CELEBRATING SURVIVORS

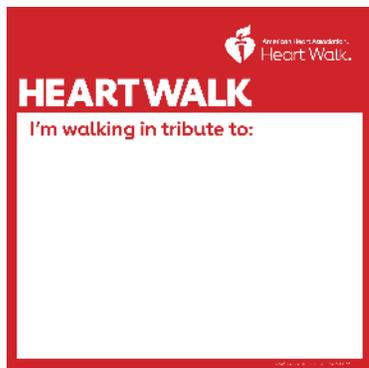
Our heart and stroke survivors and our youngest congenital heart defect survivors are true superheroes. Custom Facebook frames are available to celebrate you!

please share your photos with #HiHeartWalk.



WHY DO YOU WALK?

[Click here for a printable Tribute sticker](#) on which you can write the name of a loved one affected by stroke or heart disease. What a great way to show you are walking in their honor!



WE'RE GRATEFUL FOR YOU!

Zen away your stress by taking the [21 Days of Gratitude Challenge!](#)



- Day 1:** Write down 1 thing you're really good at.
- Day 2:** Find 3 positive ways to describe yourself, write them down and post them somewhere you will see them.
- Day 3:** Take a photo of something you find beautiful. (Bonus points for posting to social media!)
- Day 4:** If something frustrates you today, take a moment to witness and find something that is getting you up.
- Day 5:** Take 2 minutes to list the awesome things your body can do, and remember them when you're feeling down.
- Day 6:** Reconnect your alarm to a nice message, like "The sunsets here your back," to help you start the day in a positive frame of mind.
- Day 7:** Think of something about your body that you consider the best part. Then write a little note of appreciation about it.
- Day 8:** Look for someone to help today, without expecting anything in return.
- Day 9:** Reach out to someone who could use some extra appreciation.
- Day 10:** Think of someone who makes your day better and write them a note.
- Day 11:** Write a note of appreciation to someone you really care about.
- Day 12:** Offer a hug to someone you're grateful for. Make it a genuine one, not just for the sake of it.
- Day 13:** Text someone and tell them why you're grateful for them.
- Day 14:** Schedule some time to volunteer in your community. Don't know where to start? Look for opportunities at [heart.org/donate](#).
- Day 15:** Write down what you're excited today and be grateful for every item without judging any of it as "good" or "bad."
- Day 16:** Never time life doesn't go your way, try to think of something about the situation that you can be grateful for.
- Day 17:** Take a moment to invite someone you're thankful for to dinner.
- Day 18:** Praise before your next meal to sit in gratitude. Notice how yummy it looks and smells, and feel grateful for the person who prepared it (especially if it was you).
- Day 19:** Think of someone whose caring warmed your soul and tell them how much their commitment has meant to you.
- Day 20:** During your next meal, try to put your fork down between each bite and really enjoy the flavors, rather than wolfing it down.
- Day 21:** Take 2 minutes to reflect and write about how you feel after participating in the challenge. Then, keep the "hug going all year long!"

get more resources at heart.org/HealthyForGood



Visit your Heart Walk HQ for these great digital resources and MORE!

DIGITAL TOOLS YOU CAN USE!

(No Matter Where You Are)



HEALTHY SELFIE

Commit to a NEW healthy habit! Share your Healthy Selfie with us by using #HiHeartWalk.

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HEALTHY FOR GOOD LIFESTYLE CHANGE AWARD

Have you or someone you know made a lifestyle change? We want to celebrate you! Click here to fill out our [Healthy For Good Lifestyle Change Award nomination form](#). Our winner will be announced as part of our digital experience on August 7, 2021.

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

Post a photo of your dog on the [Heart Walk Facebook Page](#) using #HiTopDog. Encourage family and friends to "like" your post. The Top Dog will be announced on the Facebook Page!



REWARDS JUST FOR YOU

Save lives and earn swag! You're a relentless force for longer, healthier lives. Your fundraising will earn points in your [Rewards Center](#). Log in to your Heart Walk HQ to redeem your points for Heart Walk Hero Gear.

It's our way of saying "thanks" and it's a great way to show your support of heart and brain health! The milestones are:



HERO



MEDALIST



WARRIOR



LIFE SAVER



ADVOCATE



CHAMPION



American Heart Association.

Heart Walk.

HAWAII HEART WALK

Digital Experience Vitals

www.hiheartwalk.org

DATES TO KNOW:

FAQs

[Click here](#) to visit our frequently asked questions!

**TO
DAY**

Register online for access to our NEW digital tools and rewards at www.hiheartwalk.org

**MAR
24th**

Coaches' Corner: Kicking off 2021!

**JUNE
9th**

Participate in our statewide Rally Day to recruit your full team and raise awareness!

**JULY
8th**

Move More Activity Challenge goes LIVE in the Heart Walk App

**JULY
8th**

**30-Day Move More Activity Challenge Begins
(July 8th through August 7th)**

**AUG
2nd**

**Week of Wellness Begins
(Monday, August 2nd through Saturday, August 7th)**

**AUG
7th**

**Hawaii Heart Challenge Digital Experience Celebration
#HiHeartWalk**

MAHALO TO OUR GENEROUS 2021 SPONSORS!



American Heart Association®
Heart Challenge™

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KAPI'OLANI
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STRAUB
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Family of
David S. De Luz, Sr.



Kevin Kurohara, MD Don Matsuura, MD, Inc

