



American Heart Association®  
**Heart Walk.**

# Heart @ Home BINGO

Play **BINGO** with the American Heart Association Greater Phoenix and Desert Financial Credit Union to kick off the **2021 Phoenix Heart Walk Digital Experience** and stay heart healthy!

Visit [www.phoenixheartwalk.org](http://www.phoenixheartwalk.org) to register.

Complete **TWO** bingo rows, columns, or diagonals to qualify for a heart-healthy prize. Once you have two bingos, email your board to [phoenixHW@heart.org](mailto:phoenixHW@heart.org)

|                                                                |                                                              |                                                                                                                    |                                                       |                                                              |
|----------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------|
| Eat a fruit or vegetable with your breakfast                   | Get 7 - 9 hours of sleep                                     | If safe, go outside and get fresh air                                                                              | Eat a healthy snack                                   | Go for a walk or bike ride with a family member              |
| Make a donation on your Heart Walk page                        | Help make dinner for your family                             | Walk for 10+ minutes                                                                                               | Count how many glasses of water you drink in one day  | Wash your hands with soap for at least 20 seconds            |
| Plug your phone in a room away from your bed at night          | Try breathing exercise to help with stress                   | <br>Register for the Heart Walk | Read the nutrition facts label on your favorite snack | Share your fundraising page on Facebook                      |
| Do an at home work out                                         | Recruit someone to your Heart Walk team                      | Spend a day without drinking a sugary drink                                                                        | Check-in with/ on loved ones                          | Personalize your Heart Walk page                             |
| Eat three different colors of fruits and vegetables in one day | Receive a donation from someone else on your Heart Walk page | Take a 15 minute stretch break                                                                                     | Download the Heart Walk app                           | Explain to a family member why tobacco is bad for your heart |

To play bingo on your mobile device, screen shot the bingo board and save to your photos, open the image in your photos and use the markup tool to mark the boxes you've completed.