



American Heart Association.
Heart Challenge™

2023 Syracuse Heart Challenge

"SPONSOR MY MINUTES"

The Syracuse Heart Challenge is launching a 30-Day Move More Challenge where walkers can track the minutes they engage in physical activity each day. The intention is to get people moving more and building healthier habits. The challenge starts on 03/16/2023 and ends with the Heart Walk on 04/16/23.

I am looking for people to sponsor my physical activity minutes. The American Heart Association recommends 150 minutes of physical activity a week. I'm looking to have 150 minutes sponsored each week, therefore raising at least \$150 a week! Will you help me?



Name	Email address	# of Minutes Sponsored	Donation Amount

For Heart Walk questions, contact Kristin Thompson Henry at Kristin.Thompson@heart.org

Check out our website at www.syracuseheartwalk.org.



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