

2024 Triad

HEART WALK



American Heart Association
Heart Walk.



October 5, 2024

Triad Park
Kernersville, NC

Building a Community of Lifesavers

9 out of 10 people who have a cardiac arrest outside of a hospital die. You can change that. If someone went into a cardiac arrest in front of you, would you know what to do? Are you ready to act?

Every walker who joins, every dollar donated means more research, more people trained in lifesaving CPR, and more lifesaving moments for everyone, everywhere.

I WALK TO END HEART DISEASE AND STROKE!

Put the lifesaving power of CPR into more hands and celebrate the sound of our hearts beating as one.

I WALK TO GET MY HEART PUMPING!

Keep hearts beating and brains healthy with every step. Get moving together with our new activity tracker and challenges.

I WALK TO SAVE LIVES!

Fund lifesaving research that leads to medical breakthroughs and saving lives right here in our community.

SIGN UP, STEP OUT, AND SHARE YOUR PERSONAL WHY!

LIVE FIERCE. LIFE IS WHY SPONSOR



PLATFORM SPONSOR



LIVE FIERCE. TAKE ACTION. CPR IN YOUTH SPORTS SPONSOR



LOCALLY SPONSORED BY



Alight | Allegacy Federal Credit Union | Century Products | HICAPS
Select Specialty Hospital | UnitedHealthcare | Wilson-Cook Medical



Your Heart Walk **MADE EASY!**

Participating in the Heart Walk is about

**COMING TOGETHER
GETTING HEART PUMPING
HONORING SURVIVORS**

**RAISING LIFESAVING FUNDS
SPREADING AWARENESS
HAVING FUN ALONG THE WAY**

Heart Walk is on Saturday, October 5, 2024



START (OR JOIN) A TEAM!

Register today at [TriadHeartWalk.org](https://www.TriadHeartWalk.org) for instant access to fundraising tools and rewards. By offering flexible options for participation, 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!



American Heart Association
Heart Walk.

IT ONLY TAKES A FEW
STEPS TO SAVE LIVES
LIKE **JAVION**



JAVION,
16-year-old,
11th Grader at
The A&T Four
Middle College,
Cardiac Arrest
Survivor

At 13, Javion collapsed during basketball practice will suffering sudden cardiac arrest. His coaches preformed CPR and used an AED to shock his heart back into rhythm, saving his life. By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science while saving lives like Javion.

The American Heart Association is committed to funding early-career investigators, whose work is vital to the future of heart and brain health.

**22 MILLION
PEOPLE
TRAINED**

In CPR every year

**19+ MILLION
PATIENTS
BENEFITED**

From a Quality Care Initiative
for High Blood Pressure

**\$5.7 BILLION
INVESTED**

in Research Funding since 1949
which is more than any non-
profit organization except the
federal government

**14 NOBEL
PRIZE
WINNERS**

and other notable brain and
cardiovascular scientists had
their careers launched thanks
to funding from the AHA

**2 OUT OF 3 APPLICATIONS
RECEIVED**

equal to 1,530 application
worth about \$412.5 million
were not able to be funded

**598 NEW
RESEARCH
PROJECTS**

in the last year which totaled
to \$135.8 million



HOW CAN I MAKE MY MARK?



I WALK TO SAVE LIVES.

With every step I take, I know I am helping fund the next big breakthrough that may help save the life of someone I love – or even my own life. Every walker who joins, every dollar donated, means more research, more people trained in lifesaving Hands-Only CPR, more medical breakthroughs and more lifesaving moments for hearts big and small.

EAT SMART.

Healthy eating starts with healthy food choices. Obesity, high blood pressure and high cholesterol are all risk factors for heart disease and stroke. You don't need to be a chef to create nutritious, heart-healthy meals your family will love. Eating a healthy diet is an important first step to bringing health and well-being into everyone's homes.

GIVE GRATITUDE.

Managing stress means managing your health. Gratitude, or thankfulness, is a powerful tool that can reduce levels of depression and anxiety and improve sleep.

BECOME A LIFESAVER.

Our hands can do so many things, the most important of which may be saving someone's life. When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby.



LOCALLY SPONSORED BY

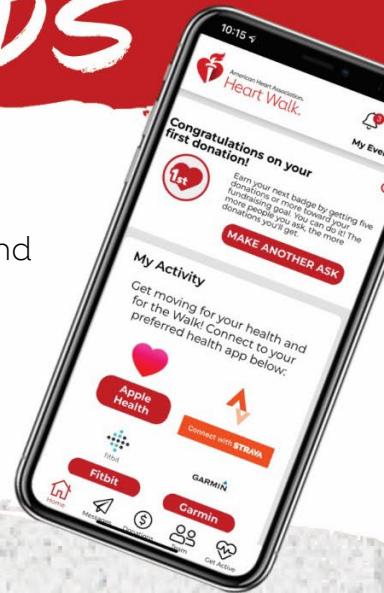




Move more, **RAISE FUNDS**

THERE'S AN APP FOR THAT!

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 your Heart Walk event!**



MOVE MORE ACTIVITY CHALLENGE

You can now track your minutes of exercise and participate in fun activity challenges right from your phone through the Heart Walk app!

"SET IT AND FORGET IT" MESSAGES

Pre-written Emails, Text Messages or Social Media posts makes it easy for your friends and family to support you and our mission with a donation!

MY PERSONAL IMPACT GOALS

Total Raised

\$ _____

Teammates to Recruit

This year,

I WALK FOR _____



American Heart Association.
Heart Walk.

WEEK OF WELLNESS



Starting
September 30th!

Exercise your mind, body and spirit during the week leading up to Heart Walk. Find a daily dose of inspiration on the [Facebook page](#)!

MOVE MORE MONDAY September 30

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](#).

EAT SMART: HEALTHY TIPS TUESDAY October 1

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 October 2

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

THANKFUL THURSDAY October 3

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.

BEST FRIENDS FRIDAY October 4

Share a photo of you and your furry best friend out on a walk with #TriadHeartWalk.

HEART WALK DAY!

Join us on October 5th at Triad Park to for our Heart Walk celebration. Can't join us in person? Create your own start line wherever you are! Share your photos with #TriadHeartWalk!





HEART WALK

Day of Event

LIVE FIERCE. LIFE IS WHY SPONSOR



PLATFORM SPONSOR



LIVE FIERCE. TAKE ACTION.
CPR IN YOUTH SPORTS SPONSOR



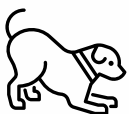
TOP WALKERS *(Raise \$1K+)*

Let us celebrate your achievement as a Top Walker by recognizing you at the Heart Walk!



KNOW YOUR NUMBERS

Knowing your numbers helps to determine your personal risk for heart disease and stroke.



KID ZONE

Children can get active prior to the Heart Walk in our Kid Zone area with games and activities!

CELEBRATE SURVIVORS

Survivors are the HEART of every walk. If you or your child are a survivor, show everyone your triumphs. At the Heart Walk, survivors are given commemorative red or white ball caps to wear during the walk. To celebrate our child Heart Heroes, we offer special SUPERHERO CAPES for young survivors.



CELEBRATE SURVIVORS



Our **SURVIVOR area** celebrates the journey heart disease and stroke survivors have taken to be at the Heart Walk. Be filled with joy as volunteers, family and friends all participate in our cheering section as you cross the finish line. Don't forget to pose for a Survivor Finish Line photo op to celebrate your accomplishment of crossing the finish line.

SAVE LIVES AND EARN SWAG!

Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center —points you can redeem 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!



REWARD MILESTONES AND LEVELS

\$100
HERO

\$250
MEDALIST

\$500
WARRIOR

\$1,000
LIFE
SAVER

\$2,550
ADVOCATE

\$5,000
CHAMPION

Log in to your Heart Walk HQ on your PC or Heart Walk App to visit the [Rewards Center](#).

I walk to save lives. So can you.

2024 Triad

HEART WALK



@AHANorthCarolina



@AmericanHeartNC



@AmericanHeartNC

TODAY

Register online for access to our turnkey digital tools and rewards at triadheartwalk.org

8/6

Executives with Heart Launch

Celebrate **Lifesaver Day** with us! Launch your fundraising campaign while we launch the NEW CPR Digital Experience from the Heart Walk Headquarters. Learn Hands-Only CPR and share it with your friends & Family!

8/6

9/5

Move More Activity Challenge

Goes LIVE in the Heart Walk app. Start tracking your active minutes!

10/5

Triad Heart Walk! We'll see you at Triad Park! Join the fun on social media with #TriadHeartWalk

FAQs

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