



American Heart Association®  
Heart Walk®

# LET'S MOVE MORE ALL MONTH LONG

**STARTS  
OCTOBER 4!**

**2024  
MOVE MORE  
ACTIVITY CHALLENGE**

Locally Sponsored by:

**SHEEHY**  
AUTO STORES

#MOVEMORE  
Join the movement at  
[heart.org/MoveMore](https://heart.org/MoveMore)

# MOVE MORE ACTIVITY CHALLENGE

We could all use some help to keep moving and stay in touch. The Move More Challenge will get you moving while protecting the hearts you love.



Start Moving



Relieve Stress



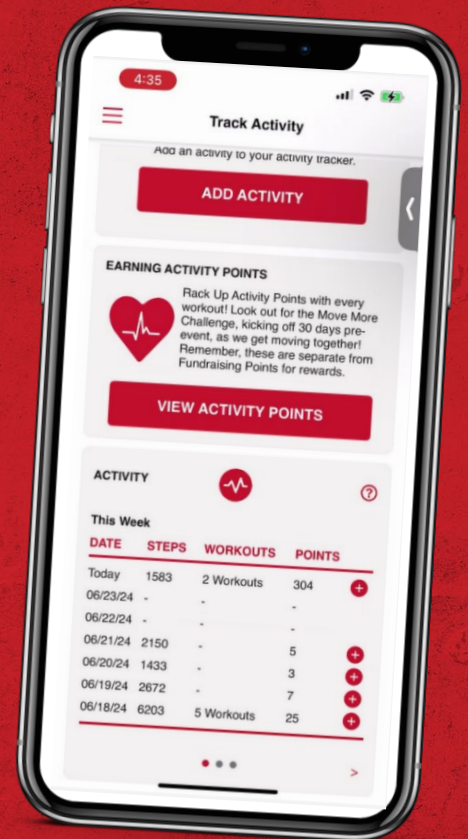
Connect Teams



Raise Lifesaving Funds

## HOW IT WORKS

- Ready** Download or update your Heart Walk app and get registered.
- Set** You have 30 days to log your minutes. See if you can reach 150 minutes a week!
- Go** Any activity you track, counts! You can walk, dance or even vacuum to stay moving.
- Celebrate** Keep an eye on your leaderboard. Top movers and fundraisers celebrate together on Heart Walk day!



Raise funds AND raise heartbeats  
Simply download the **NEW Heart Walk app** and GO!



Heart Walk  
American Heart Association, Inc



# TOP TIPS FOR A WINNING CHALLENGE

Make your company's Move More Challenge a **BIG** success.



## Recruit Walkers

Make sure all your coaches and walkers are recruited before the Move More Challenge begins, make sure they download the Heart Walk app, and have Joined the Challenge so their points count!



## Set the Goal

Rack up the minutes with a company goal. The AHA recommends 150 minutes per week, which is 300 points for the 30-day challenge. Imagine how many hours of heart-healthy activity you can accomplish together!



## Make a Match

Inspire your teams to move more with a company Movement Match, like \$1 for every hour of movement.



## Spread the Word

Get everyone in the game! Teams can get healthier together AND stay connected.



## Start at the Top

Sign up your CEO and other executives. If your company leaders are in, your employees are more likely to be in too.



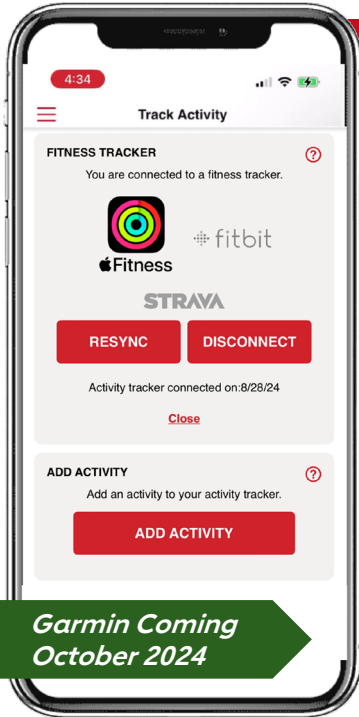
## Cheer Them On

Send a weekly email to congratulate all your walkers and update them as your company climbs the leaderboard. (And watch everyone's competitive spirit come out!)

# Heart Walk Move More Tracker

The Heart Walk app has had a refresh! Please follow the steps below to learn how to connect your device and track activity.

## Connecting Your Device to track activity



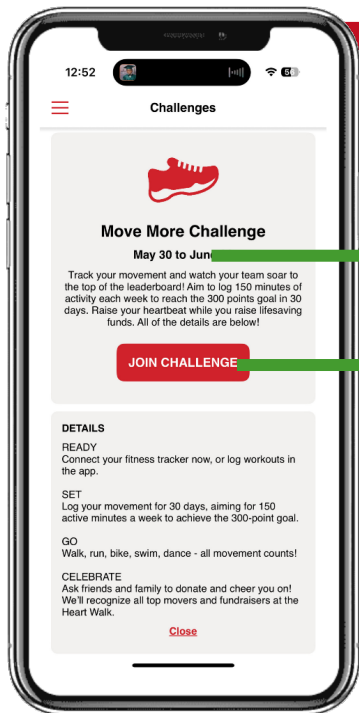
Garmin Coming  
October 2024

To connect your device, you will navigate to the hamburger button and select Track Activity. Within the app you are now able to connect your device to automatically track activity or you can manually track activity.

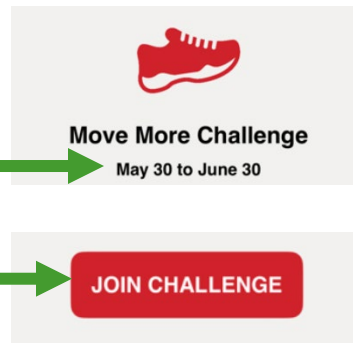
- Click on the icon of the tracker you wish to connect to through the HW app. (Apple Health, Google Fit, Fitbit and Strava – Garmin coming October 2024)
- You will need to allow access to **all activity** from the selected application.
  - Be sure within the selected tracker application you allow it to share and sync with the HW app.
  - If you are unsure on this step, please reference your smart phone guide or Google based off of the phone type and application you are syncing
- You are now connected, and you will see the date you connected your tracker.

You must log into the app for the data to sync. Sync times may differ depending on the application. If you find your data is not syncing, you will see an option to click Resync on the Track Activity screen.

## THEN Join the Move More Challenge



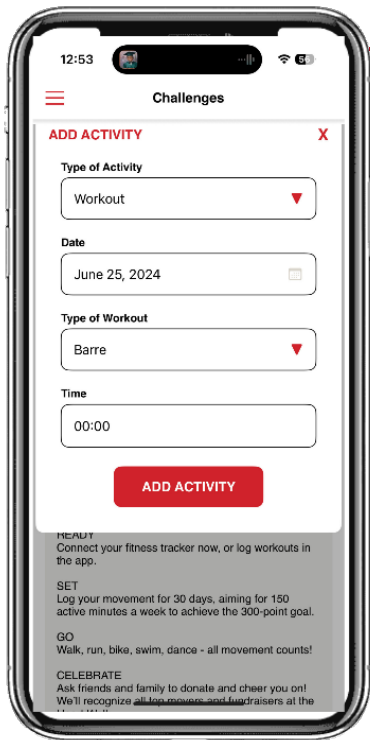
Navigate to the hamburger button and select Challenges. The challenge will go live 30 days prior to the event date. The date of the challenge will be visible on the Challenges screen.



- Simply click on the red Join Challenge button.
- You are now participating in the Move More Challenge. You can either sync your data from your connected device or you have the ability to manually track any activity by clicking on the Add Activity button.

**\*\*\*If you have already connected your tracker before the Challenge begins, you can join the Challenge at any time, and it'll pull in your activity from the start of the Challenge.\*\*\***

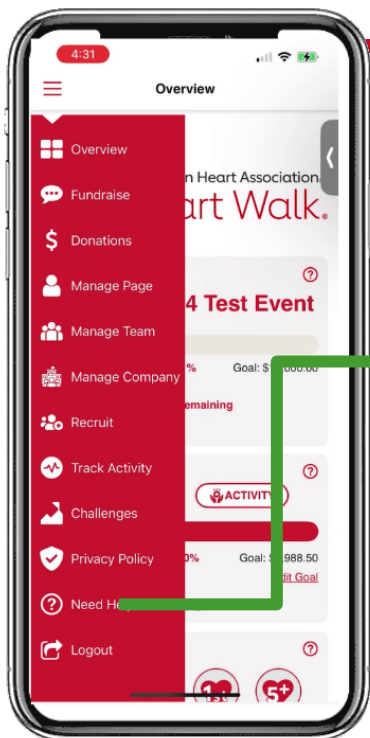
**\*\*\*The activity tracker is based on points. The points will automatically calculate based on the activity & type of workout selected\*\*\***



## Manually Tracking Activity

If you wish to use the app to manually track activity - please see the guidance below:

- Click on the red Add Activity button.
- Select the type of activity, date, type of Workout and duration of time.
- Click Add Activity
- Ensure sure you put in the time (hours:minutes)



## Troubleshooting

If you are running into any issues within the app you can navigate to the help section for assistance.

 Need Help?

If you need additional assistance, please reach out to our app team.

## How do points work?

Activity Points are assigned to activities based on the intensity or level of effort required to complete them. **Points are normalized using METs**, or the Metabolic Equivalent of Task. For instance, walking for 60 minutes is equivalent to 30 points, while running for 60 minutes is equivalent to 90 points.



### Sedentary <1.6 METS

Activities that involve lying or sitting that have low energy requirement.



### Light 1.6 to 3 METS

An intensity that can be sustained for 60 mins and does not affect breathing rate.



### Moderate 3-6 METS

Aerobic activity may be conducted while holding an uninterrupted conversation. This intensity can be performed for 30-60 mins.



### Vigorous 6-9 METS

An intensity that cannot be maintained without compromising speech and conversation. This intensity can only be maintained for 30 mins. .



### High >9 METS

An intensity that generally cannot be sustained more than 10 mins.

**The AHA recommends 150 minutes per week, which is 300 points for the 30-day challenge.**