

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.

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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.