



American Heart Association.
Heart Walk.

2024 DUBUQUE AREA

HEART WALK

SATURDAY, MAY 4, 2024

DUBUQUE ARBORETUM & BOTANICAL GARDENS

I WALK TO SAVE LIVES. SO CAN YOU.

Heart disease and stroke impact people in very personal, life-changing ways. This year, we want to connect with and share the reasons why we need to eliminate heart disease and stroke.

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 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 save lives.

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

LOCALLY SPONSORED BY

MERCYONE

more For You!
THEISEN'S
HOME • FARM • AUTO

Gronen | Kunkel & Associates, Inc. | StackStone Wealth
Conlon Construction Co. | A.Y. McDonald Mfg. | Kwik Stop | McCoy Group

Sign up, Step out and share your personal WHY.



YOUR HEART WALK *MADE EASY*

Get started here. Participating in the Heart Walk is about coming together, getting hearts pumping, honoring survivors, raising lifesaving funds – and having fun along the way. This year's event invites you to Heart Walk Here with us in person or wherever you feel inspired on May 4th!



START (OR JOIN) A TEAM. Register today at DubuqueIAHeartWalk.org for instant access to fundraising tools and rewards. By offering flexible options for participation, we're going to reach more people than ever!



RAI\$E 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!

I walk to save lives.



NOW MORE THAN EVER, **YOUR SUPPORT IS NEEDED.**

By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science.

I WALK TO
SAVE LIVES LIKE

CAITLYN



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



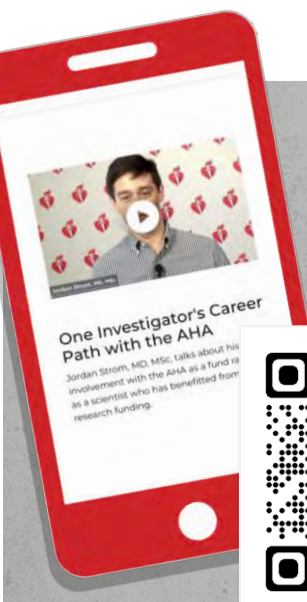
Last year, the American Heart Association funded **598 new research** projects totaling **\$135.8 million**.



Unfortunately, another **1,530 applications** (2 out of 3 applications received), worth **\$412.5 million** could not be funded.



Funding from the **AHA helped launch the careers** of many of prominent cardiovascular and brain scientists, **including 14 Nobel prize winners**.



Hear from an investigator about how the AHA changed his career!
Scan the QR code & scroll to video!



\$4.9 BILLION Invested in Research Funding Since 1949
More than any nonprofit organization except the federal government

22 MILLION People Trained in CPR Each Year

19+ MILLION Patients Benefiting From a Quality Care Initiative for High Blood Pressure

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 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. [Click Here to Learn More.](#)

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.



"I walk to ..."

LOCALLY SPONSORED BY



MERCYONE

Gronen
Kunkel & Associates, Inc.
StackStone Wealth
Conlon Construction Co.
A.Y. McDonald Mfg.
Kwik Stop
McCoy Group



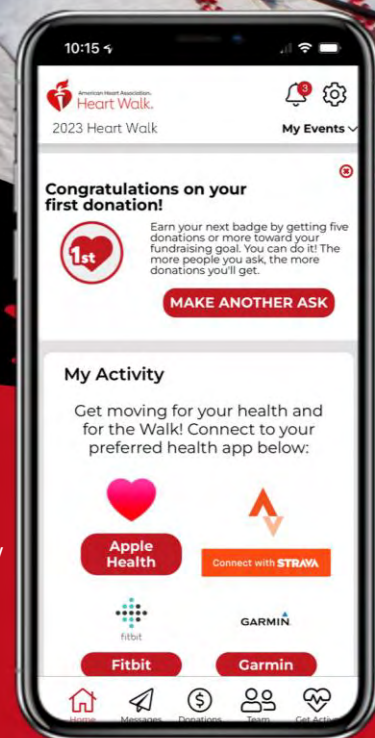
American Heart Association®
Heart Walk®



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 the Heart Walk!



MY PERSONAL IMPACT GOALS

Total Raised:

\$_____

Teammates to Recruit:

#_____

I WALK FOR:

MOVE MORE ACTIVITY CHALLENGE

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



American Heart Association®
Heart Walk®

WEEK OF WELLNESS

SATURDAY, MAY 4, 2024

Exercise your mind, body and spirit during the week leading up to your Heart Walk.



MOVE MORE MONDAY, APRIL 29

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, APRIL 30

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, MAY 1

On our final 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, MAY 2

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, MAY 3

Share a photo of you and your furry best friend on walk. Be a part of our Top Dog Contest by posting a photo of your dog using **#DBQHeartWalk**.

HEART WALK DAY. Join us on May 4th at the Dubuque Arboretum & Botanical Gardens to for our Heart Walk celebration. **Can't join us in person?** Create your own start line wherever you are! Share your photos on social media with **#DBQHeartWalk**!





2024 DUBUQUE AREA Heart WALK Day of Event

SATURDAY, MAY 4TH
DUBUQUE ARBORETUM & GARDENS

LOCALLY SPONSORED BY

THEISEN'S More For You!
HOME • FARM • AUTO



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

Celebrate your achievement as a Top Walker with a thank you gift, a certificate and recognition at the Heart Walk!

MERCYONE



KNOW YOUR NUMBERS

Knowing your numbers help determine risk for heart disease and stroke.

Gronen
Kunkel & Associates, Inc.
StackStone Wealth
Conlon Construction Co.
A.Y. McDonald Mfg.
Kwik Stop
McCoy Group



COMPETE IN THE PAW-LYMPICS!

Anything is paw-sible. Take your four-legged friend through our pet agility course and earn a round of a-paws!



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.



American Heart Association®
Heart Walk®

During your walk, listen to our
EXCLUSIVE Heart Walk On Demand
playlist, no matter where you are!

Get Your *GROOVE ON.*

Finish strong

Our **SURVIVOR FINISH LANE** 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 and ring the Survivor bell 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

\$2,500
ADVOCATE

\$5,000
CHAMPION



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

I walk to save lives. So can you.

2024 DUBUQUE AREA

HEART WALK



SATURDAY, MAY
DUBUQUE ARBORETUM & BOTANICAL GARDENS

Today

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

LOCALLY SPONSORED BY



Jan 10

Join Cathy Brandt and local Heart Heroes about Wear Red Day and National Heart Month. What a GREAT time to ramp up your Heart Walk efforts!

MERCYONE

March 6

Participate in our **City-Wide Rally Day** to recruit your full team and raise awareness!

Gronen
Kunkel & Associates, Inc.
StackStone Wealth
Conlon Construction Co.
A.Y. McDonald Mfg.
Kwik Stop
McCoy Group

April 3

Move More Activity Challenge goes LIVE in the Heart Walk app

May 4

Dubuque Area Heart Walk! Join the fun on social media with #DBQHeartWalk

June 10

The American Heart Association celebrates 100 years of saving and improving lives!