



American Heart Association.
Heart Walk.

HEART WALK

Digital Experience Guide

April 15, 2021

From digital swag bag items to our Week of Wellness, we have so many fun and healthy things planned to take this Heart Walk Experience to the next level! Be sure to join us on Facebook and in your community for the 2021 Gadsden Heart Walk Experience!

Register at:
www.gadsdenheartwalk.org



JOIN A MILLION WALKERS

By moving the action online, we're going to reach more people than ever

TEAM CAMARADERIE

Nothing unites a team like doing good together

LACE UP WITH US

Get moving together with our new activity tracker and challenges

CELEBRATE

Join us on Walk Day to recognize all we have accomplished together

CONNECT EASILY

Our upgraded all-digital platform makes it easy to connect, share and get rewarded

SAVE LIVES

Help the 40% of COVID hospitalizations that are heart or stroke patients

LOCALLY
SPONSORED BY



Northeast Alabama Cardiology Center
Life Insurance Company of Alabama
RiverBank and Trust
Blue Cross Blue Shield
ABC Plus Medical Supply

The Plan:

TODAY

Register online for at
gadsdenheartwalk.org

March

Recruit your full team and raise awareness!

**APRIL
12-16**

Move More and hit your fundraising goals on Walking Wednesdays and during Wellness Week.

April 15

Gadsden Heart Walk Digital Experience "Walk Where You Are"
#GadsdenHeartWalk

SAY YES TO HEALTH. SAY YES TO SAVING LIVES.

WEEK OF WELLNESS

April 12th – April 16th, 2021

Exercise your mind, body and spirit during the week of the Gadsden Heart Walk.
Find a daily dose of inspiration on the Facebook page !



MOVE MORE MONDAY

April 12th, 2021

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 13th, 2021

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

April 14th, 2021

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](#).



CELEBRATION EVENING

April 15th, 2021

IT'S TIME! Join us on Facebook at 5:30 pm for a celebration and some special surprises. And then get walking, wherever you are! Share your photos with #GadsdenHeartWalk!



BEST FRIENDS FRIDAY

April 16th, 2021

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 on the Facebook using #GadsdenHeartWalk. And if you need a little pep in your step, try the [Heart Walk Playlist](#).



Walking Wednesdays

March & April 2021

Join the Move More Challenge and track your activity by downloading the Heart Walk App. It's FREE so get your friends and family to join you. Focus your fundraising efforts on Wednesdays as you walk!