



# MOVE MORE ACTIVITY CHALLENGE

## MAY 12 – JUNE 10

*Join us and compete against other teams! The goal is to add in more activity each week. Whether you walk, run, hike or ride, your activity will count towards your team and company movement total!*



### HOW IT WORKS:

1. Download or update the **HEART WALK** app and get registered for **Lawyers Have Heart!**
2. You've got 4 weeks to log your minutes. See if you can reach 150 minutes a week!
3. Any way you move counts! You can run, walk, dance, or ride a bike!
4. Keep an eye on your **#RunLHH** leaderboard!

**Winners will be announced on social media once the Move More Activity Challenge ends!\***

**1st Place** - \$300 in Gift Cards to Farmers Restaurant Group

**2nd Place** - \$200 in Gift Cards to Farmers Restaurant Group

**3rd Place** - \$100 in Gift Cards to Farmers Restaurant Group

\* There will be 2 sets of prize winners: top 3 companies and top 3 individuals

Locally Sponsored in 2022 by



For questions, contact Patricia Hevia at [Patricia.Hevia@heart.org](mailto:Patricia.Hevia@heart.org)

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