

# MOVE MORE ACTIVITY CHALLENGE

## MAY 12 – JUNE 10

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

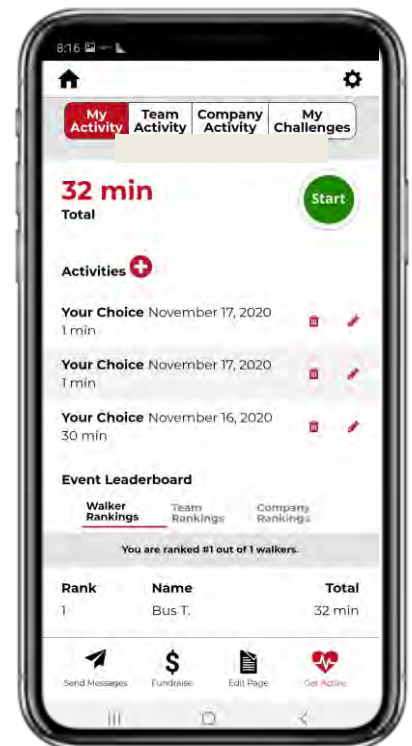
You have 30 days to log your minutes. See if you can reach 150 minutes a week!

### Go

Any activity you track, counts! You can run, walk, dance or even vacuum to stay moving.

### Celebrate

Keep an eye on your leaderboard. Top movers and fundraisers will be recognized on race day!



Raise funds  
AND raise  
heartbeats

Simply download the Heart Walk app and GO!



# TOP TIPS FOR A WINNING CHALLENGE

Make your company's Move More Challenge (May 12 – June 10) a BIG success.



## Recruit Participants

Make sure all your coaches and runners are recruited before the Move More Challenge begins and they have downloaded the Heart Walk app so their minutes count!



## Set the Goal

Rack up the minutes with a company goal. The AHA recommends 150 minutes per week. 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

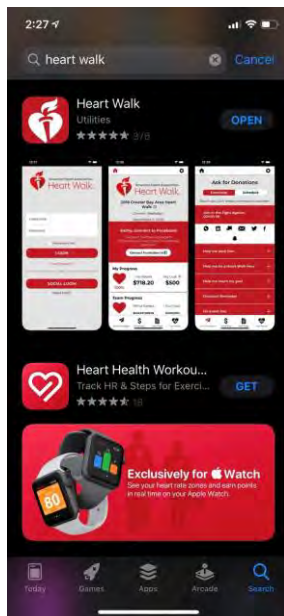
Send a weekly email to congratulate all your participants and update them as your company climbs the leaderboard. (And watch everyone's competitive spirit come out!)

## Lawyers Have Heart Activity Tracker

NEW! The Heart Walk app now has the ability to track your minutes right from your phone during the Lawyers Have Heart Move More Challenge! The tracker icon will show up 30 days before Lawyers Have Heart (May 12th), once you follow the instructions below it will be available through the day of our race!

### Downloading the Application

If you DO NOT already have the Heart Walk App: Navigate to your Apple or Google App Store and search for "Heart Walk"



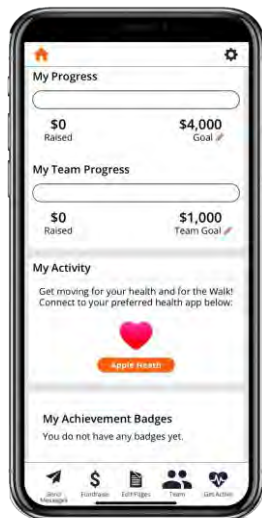
If you DO already have the Heart Walk App: Navigate to your account to update current apps and Click "Update"



### Connecting Apple or Android Device with Apple Health, Google Fit or Strava

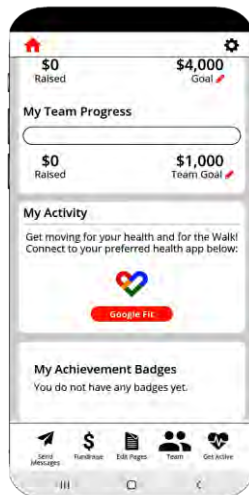
#### Apple

Click on Apple Health



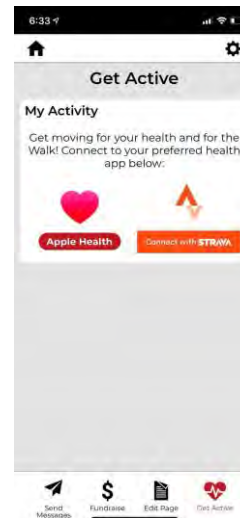
#### Google

Click on Google Health



#### Strava

Click on Connect with Strava



**Android users may be required to download Google Fit.**

## Lawyers Have Heart Activity Tracker

Authorizing Boundless Motion to retrieve your activity data in the HW App.  
Navigate to Settings and turn on ALL categories

### Tracking Your **Activity!**

#### You DO have an Activity Tracking Device

If your current tracking device, such as an Apple Watch or Garmin, is connected to either Apple Health or Google Fit, your historic activity data will automatically be retrieved in the HW app.

#### You DO NOT have an Activity Tracking Device

You can record your activity from within the HW app by clicking the green "Start" button. When you are done with your activity, you can press the red "Stop" button to save your workout. If you forget to track an activity with a device, you can manually add your activity by clicking the "plus" button next to activities.

### Technical Support

If you are having any technical issues within the app or the Activity Tracker our Vendor Boundless is here to help directly through the app. Navigate to the upper right hand corner and click on the gear shift button. Scroll down and click on "Need App Support" You can then click on "New Support Ticket" to submit to Boundless.

