



American Heart Association
Heart Walk.

GREATER MARYLAND HEART WALK

October 8, 2022

Maryland State Fairgrounds

Get Ready for the Best Heart Walk Ever!

Join your friends and neighbors and be a relentless force for a world of longer, healthier lives. Physical and emotional health have never been more important than they are now! And joining your Greater Maryland Heart Walk is a great way to boost them both - all while making a huge impact in your community and saving lives.



JOIN A MILLION WALKERS

By joining the movement, we're reaching more people than ever

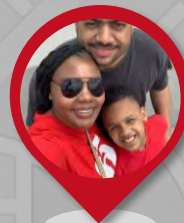
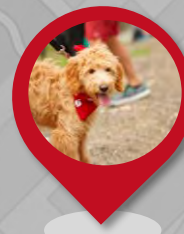


TEAM CAMARADERIE

Nothing unites a team like doing good together

LACE UP WITH US

Get moving together with the new activity tracker and fun challenges



CONNECT EASILY

Join the Facebook Event Page and utilize the mobile app!



SAVE LIVES

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



CELEBRATE

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

Thank You to Our Sponsors

Greater Maryland Live Fierce Life is Why Sponsors



Healthy for Good Platform Sponsors



Signature Sponsor



Event Sponsors



Local Media Sponsor



Additional Sponsors

28 Walker Development
BGE
FutureCare
GBMC, Gilchrist, and Health Partners
Kelly Benefits
KPMG
Mariner Finance
Mercy Medical Center

Oceaneering International Inc
Oliver Wyman
Poole & Kent
SP + Parking
Stanley Black & Decker
TEKsystems
Vision Technologies
Wegmans
W.R. Grace

LET'S GET STARTED!

Heart Walk Made Easy!



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 is on Saturday, October 8th at the Maryland State Fairgrounds!



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



RAISE 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!

My Personal Impact Goals:

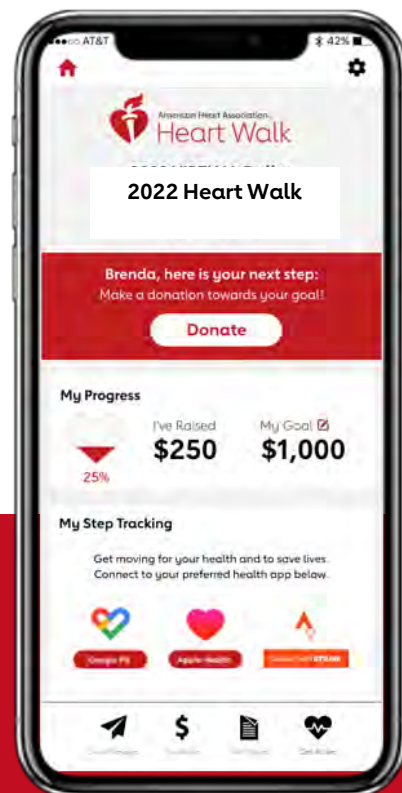
Total Raised: \$ _____

Teammates to Recruit: # _____

I Walk For:



MOVE MORE CHALLENGE



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!

WEEK OF WELLNESS

Monday, October 3rd – Saturday, October 8th

Exercise your mind, body and spirit during the week leading up to your Heart Walk.
Find a daily dose of inspiration on the [Facebook page](#)!



MOVE MORE MONDAY OCTOBER 3rd

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](#).



HEALTHY TIPS TUESDAY OCTOBER 4th

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 OCTOBER 5th

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 OCTOBER 6th

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 OCTOBER 7th

Dogs help you live longer and healthier lives, download this [guide](#) to learn ways to stay healthy. It's a Win Wag!

Share a photo of you and your furry best friend on walk. Post on [Facebook](#) using **#MDHEARTWALK**

Locally Sponsored By: Kennedy Krieger



HEART WALK SATURDAY OCTOBER 8th

Join us on October 8, 2022, at the Maryland State Fairgrounds for our Heart Walk celebration!

Signature Sponsor: CareFirst

HEART WALK DAY

Saturday, October 8th

Maryland State Fairgrounds

8am – 12pm

SIGNATURE SPONSOR

CareFirst 

WALK WITH US!

The Heart Walk Village opens at 8 a.m. sharp! Join us for a variety of heart-healthy activities before Opening Ceremonies which begin at 9::30 a.m. The walk begins at 10 a.m.! Check out some of the Heart Walk highlights below:



Dog Jog Sponsored by Kennedy Krieger
Cooking Area Sponsored by Johns Hopkins
Survivor Area Sponsored by CareFirst BlueCross BlueShield
Survivor Finish Lane Sponsored by University of Maryland System
Survivor Finish Bell
Memorial Area Sponsored Compass One
Sponsored FAST Awareness Sponsored by MedStar Health
VIP Area
Mascots, including Heart Diva
Chair Yoga
Meditation Station Sponsored by Oliver Wyman
Kids Zone
Warm-up and Cool-down Zumba
"Instagramable" Moment Sponsored by LifeBridge Health
STEM Activity Sponsored by Stanley Black & Decker
Heart Balloon Arch Sponsored by TEKsystem



GET SOCIAL!

Join the fun on social media
with #MDHeartWalk



Memorial Tree

Watch the Memorial Tree bloom
at the Heart Walk on Saturday October 8th.

LOCALLY SPONSORED BY

compass one
healthcare 



Coach Shout-Out

Calling all coaches: [watch](#) this special shout out from Baltimore Raven's Coach John Harbaugh

HEART WALK DAY – SURVIVORS

Heart of Heart Walk!

Survivors are the Heart of Heart Walk. They will have a special celebration area sponsored by CareFirst BlueCross BlueShield.

Hair and Nails by Live Chair
Survivor Hats and Capes
Photo Opportunities
Torch cut outs
Survivor Finish Line Sponsored
by University of Maryland
Survivor Bell



CELEBRATE SURVIVORS

Survivors are the HEART of every walk. If you or your child are a survivor, show everyone your triumphs. As part of your Heart Walk swag bag, survivors are given commemorative red or white ball caps to wear during the walk to show their triumph over heart disease or stroke. To celebrate our child Heart Heroes, we offer special SUPERHERO CAPES for young survivors.



HEART WALK DAY!

October
8th

SIGNATURE SPONSOR

CareFirst 



SUPERSTAR WALKERS (Raise \$1K+)

Let us celebrate your achievement as a Superstar Walker! Those that raise 1,000+ will receive a Superstar Walker black crew neck sweatshirt like the one below!



START STRONG

LOCALLY SPONSORED BY



Join us for chair Yoga in the Healthy for Good Village!



FINISH PROUD

LOCALLY SPONSORED BY



Company photos are back!



Have Fun on the Route with Merritt Athletic Clubs

During your walk, stop by the different route activities to get your heart pumping!



American Heart Association.
Heart Challenge™

2022 EXECUTIVES WITH HEART Greater Maryland Heart Walk

WHAT IS EXECUTIVES WITH HEART?

Being a member of Executives with Heart in the Greater Maryland Region is about putting your name, your personal investment and your network behind something that will change the lives of those who are most vulnerable among us. It is about putting the well-being of our families, our employees and our communities first, and working together – leaders from every city in America – to raise critical funds and be a relentless force for a world of longer, healthier lives.

Join 2022 Chair Sharon Schreiber with Greater Baltimore Committee, and the Greater Maryland Region in this year's Executives with Heart campaign! Our goal is to raise \$225,000 through Heart Walk by engaging local leaders to donate or raise \$5,000+ to fund the mission of the AHA.



National Recognition

National recognition opportunities aligned with local benefits



Networking & Experiences

Peer experience with 3,000+ C-Suite Executive members nationwide



AHA Staff Partnership

Personal AHA staff support with resources to help you reach your goal

2022 Executives with Heart

Nicollette Aquino, MedStar Health
Tom Bowman, Howard, Howard & Hodges CPA

Jan Boyce, BGE

Tracy Brazelton, American Heart Association

Bradley Chambers, MedStar Health
Stacia Cohen, CareFirst BlueCross BlueShield

Brian Deffaa, LifeBridge Health

Damon Gray, Community Teams

Joe Greco, Ports America

Shereen Jahed, Johns Hopkins

Baker Koppelman, Baltimore Ravens

Angela Lee, Johns Hopkins

Stuart Levine, MedStar Health

Cheryl Lunnen, MedStar Health

Bob Moore, Whiting Turner

Megan Murphy, Johns Hopkins

Sharon Schreiber, Greater Baltimore Committee

Dr. Thomas Smyth, University of Maryland Medical System

Jennifer Zellinger, Community Teams



Accept the Challenge and Reach Your Goal:

- Make your personal donation
- Recruit five (5) other executives in your network to join you in the challenge.
- Reach out to your personal and professional contacts through pre-written email templates and social media
- Life is Why We Give (LIWWG)
- Vendor/Business Partner Campaign
- Use company matching gifts (if available)

DIGITAL TOOLS YOU CAN USE!

Tag us on Social

Hashtag #MDHEARTWALK

[Click here to join our event Facebook page](#)

Email Coach, Superstar Walker and Executives with Heart Badges

Are you a coach or Superstar Walker? Let people know by adding the badges below to your email signature!



American Heart Association®
Heart Walk®

WE APPRECIATE YOU

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! Log in to your Heart Walk HQ on your PC or HW App to visit the [Rewards Center](#). The milestones and levels are:



**\$100
HERO**



**\$250
MEDALIST**



**\$500
WARRIOR**



**\$1,000
LIFE SAVER**



**\$2,500
ADVOCATE**



**\$5,000
CHAMPION**



Does your dog have what it takes
to be **TOP DOG?**

Post a photo of your dog on the [Heart Walk Facebook Page](#) on Heart Walk Day to win our dog costume contest! Encourage family and friends to "like" your post. The Top Dog to be announced on the Facebook Page a few days after Heart Walk!





American Heart Association®

Heart Walk®

Greater Maryland HEART WALK

Important Dates

DATES TO KNOW:

**TO
DAY**

Register online for access to our NEW tools and rewards at www.greatermarylandheartwalk.org

**SEP
8TH**

Move More Activity Challenge goes LIVE in the Heart Walk app

OCT

Throughout the month of October look out for a matching gift opportunity sponsored by Chesapeake Employers Insurance

**OCT
8TH**

2022 Greater Maryland Heart Walk Experience #MDHeartWalk

FAQs and Site Map

- [Click here](#) to visit our frequently asked questions!
- [Click here](#) to see our site map! * check the HW website for the most updated version
- Reach out to Sydney.Engelhardt@heart.org with additional questions