



American Heart Association
Heart Walk.

2022 BROWARD HEART WALK

NOVA SOUTHEASTERN UNIVERSITY
3301 COLLEGE AVE
MARCH 13, 2022

You can Heart Walk Here, there or anywhere.

The Broward Heart Walk is back and ready to reinvigorate your heart healthy lifestyle by reuniting our community in better health! This spring, the American Heart Association is bringing you **Heart Walk Here**, a new Heart Walk experience offering different ways to participate for maximum flexibility. **You can Heart Walk Here, there or anywhere. Choose our path or yours!**



JOIN A MILLION WALKERS

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

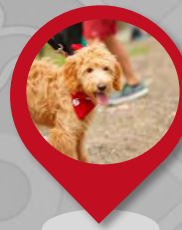
TEAM CAMARADERIE

Nothing unites a team like doing good together



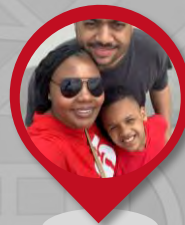
LACE UP WITH US

Get moving together with our new activity tracker and challenges



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



CELEBRATE

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

LIVE FIERCE: HEALTHY HOME
SPONSOR



LIVE FIERCE: REDUCE YOUR
RISK SPONSOR



LIVE FIERCE: STAND FOR ALL
SPONSOR



SURVIVOR SPONSOR



CHMPIONS OF HEART SPONSORS



LOCAL SPONSORS

ADP
JM Family Enterprises, Inc
Holy Cross Health
Solstice Benefits, Inc.

MEDIA SPONSORS



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 invites you to Heart Walk Here with us in person or wherever you feel inspired on March 13!



START (OR JOIN) A TEAM. Register today at BrowardHeartWalk.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: \$ _____

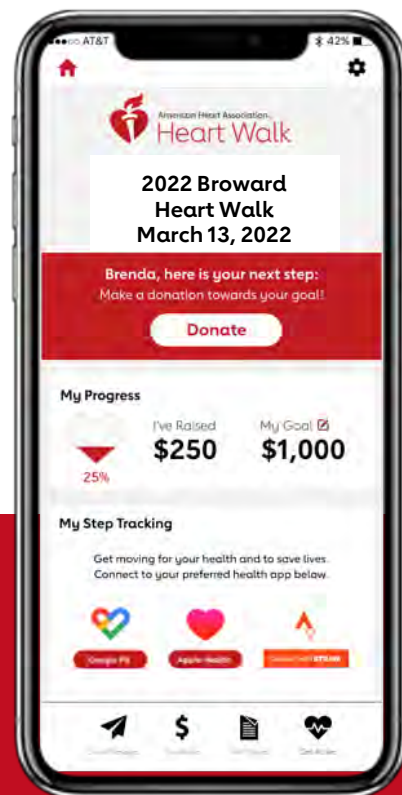
Teammates to Recruit: # _____

I Walk For:



MOVE MORE CHALLENGE
SPONSORED BY

ADP



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

MARCH 7- 11, 2022

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 3/7

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](#).

Locally Sponsored By: ADP



EAT SMART: HEALTHY TIPS TUESDAY 3/8

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](#)!

Locally Sponsored By: CITY Furniture & Cleveland Clinic Florida



BE WELL WEDNESDAY 3/9

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](#).

Locally Sponsored By: CITY Furniture & Cleveland Clinic Florida



THANKFUL THURSDAY 3/10

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.

Locally Sponsored By: CITY Furniture & Cleveland Clinic Florida



BEST FRIENDS FRIDAY 3/11

Let's celebrate our fur friends who are always there for us — helping us handle stress and boosting our physical and mental health. Share a photo of you and your furry best friend on walk day using **#BrowardHeartWalk**.

Locally Sponsored By: CITY Furniture & Cleveland Clinic Florida



HEART WALK SUNDAY 3/13

Join us on March 13th at Nova Southeastern University for our Heart Walk celebration. **Can't join us in person?** Create your own start line in your neighborhood to get walking! Share your photos with **#BrowardHeartWalk** and **#HeartWalkHere!**

BEFORE YOU WALK - DIGITAL TOOLS YOU CAN USE! *(No Matter Where You Walk)*

WHY DO YOU WALK?

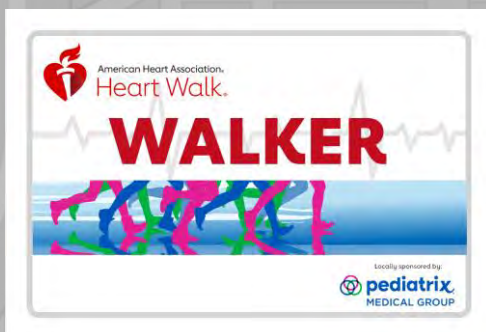
Click [here](#) for a printable Tribute sticker where you can write the name of a loved one affected by stroke or heart disease. What a great way to show you are walking in their honor!

WE'RE GRATEFUL FOR YOU!

Power away your stress by using [Simple Ways to Practice Gratitude!](#)

WALKER BIB

Make sure to stop by the Pediatrix Medical Group table to pick up your walker bib! You can print one [here](#) if you will be joining digitally!



START HYDRATING!

Choose water – Replace sugary drinks with water. That can seem like a challenge if you aren't a big fan. Here's how to drink more water:

- Carry a refillable water bottle or keep a cup at your desk to make water the easy choice.
- Add slices of your favorite fruits for a boost of flavor.
- Try seltzer or sparkling water if you prefer fizzy carbonated drinks.

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F.A.S.T. is how we come together to end stroke®

Learn the stroke warnings signs

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

Every 40 seconds, someone in the U.S. has a stroke.

The faster stroke is treated, the more likely the patient is to recover.

LEARN HOW TO SPOT A STROKE

Tribute stickers locally sponsored by



Walker Bib locally sponsored by



GRATITUDE IS POWERFUL!

Here's a few reminders to practice gratitude daily.

- If something frustrates you today, hit your pause button. Take a breath & reframe the moment by focusing on what IS going your way.
- Start your day with a smile, even with an early phone alarm by renaming it something like "I will live fierce today."

Gratitude Challenge locally sponsored by



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HEART WALK DAY

Choose Your Path or Ours!

3/13/2022

SIGNATURE SPONSORS

CITY
FURNITURE

 **Cleveland Clinic**
Florida

WALK WITH US!

Heart Walk Here @ 9 am at Nova Southeastern University!
Everyone in our community can join in to go for a heart healthy
Heart Walk and celebrate on Walk day.

Walk Location: Nov Southeastern University

3100 Ray Ferrero Jr Blvd | Davie, FL 33314 (put this address into your GPS)

- Restrooms are available inside of the Alvin Sherman Library.
- Start line will be by the roundabout and the Rick Case cars.

Parking Location: Alvin Sherman Library

- Free parking is provided in the parking garage by the library. There will be overflow parking across the campus should that garage fill up.

GET SOCIAL!

Join the fun on social media! When you share on Facebook, make sure you're sharing your posts with "Public" – and don't forget to tag us on Facebook @AmericanHeartFlorida & on Instagram and Twitter @AmericanHeartFL and use **#BrowardHeartWalk**.

CHALK YOUR WALK!

Can't join us in person? Decorate your sidewalk with a motivating and photo-worthy starting line. Or create your own start line in your neighborhood to get walking! Be sure to share your pics with **#BrowardHeartWalk**

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, 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.



SURVIVOR CAPS LOCALLY
SPONSORED

 **Memorial**
Cardiac and Vascular Institute

 **Joe DiMaggio**  **Children's Hospital**

HEART WALK DAY

3/13

Heart Walk Here!

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Florida



TOP WALKERS (Raise \$1K+)

Let us celebrate your achievement as a Top Walker. Participants who raise \$1,000 or more receive a swag bag and exclusive recognition.

LOCALLY SPONSORED BY



COMPANY PHOTOS

Make sure to stop by and take a photo with your company or team at the assigned time!

LOCALLY SPONSORED BY

TRUIST

START LINE

Rita Case and the Rick Case Automotive Group will be joining us for our ribbon cutting ceremony and countdown! Meet us at the start line at 9AM. Don't forget share your photos on Facebook!



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FINISH STRONG

No matter where your finish line is, finish strong. Be sure to share your pics with **#BrowardHeartWalk** so we can recognize all we have accomplished together!!



LOCALLY SPONSORED BY

Solstice Benefits, Inc



GET YOUR GROOVE ON.

During your walk, listen to our **EXCLUSIVE** Heart Walk On Demand playlist available on March 7th on our [Heart Walk website!](#)



DIGITAL TOOLS YOU CAN USE!

(No Matter Where You Walk)

HEALTHY SELFIE PLEDGE

Commit to a NEW healthy habit! Share your Healthy Selfie with us by posting on social media using **#BrowardHeartWalk**.

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HEALTHY TIPS

Check out our Heart-Healthy Tips and don't forget to grab a healthy snack before and after your walk!

- Healthier condiments
- Smart substitutions

LOCALLY
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JM Family Enterprises, Inc.

HEALTHY FOR GOOD LIFESTYLE CHANGE

Jumpstart your Healthy for Good Lifestyle Change by making small changes every day which can add up to big improvements in your overall health. Pledge to your health. Check out these [7 simple tips to live a healthier life](#).



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

Post a photo of your dog on the [Heart Walk Facebook Page](#) using **#BrowardHeartWalk**. Encourage family and friends to "like" your post. Our friends at One Beat Medical will vote to pick the official The Top Dog to be announced on the Facebook Page!

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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**

Healthy for Good Lifestyle Change
locally sponsored by



NEW YEAR, **LOCAL IMPACT**

1 IN 5 TEENS ARE VAPING



Vaping among teens and middle schoolers is a severe problem. The American Heart Association, alongside Schiller America, CVS, Miami-Dade and Broward County schools, have rolled out a Tobacco End Game Toolkit. This Toolkit will have changes in policy, tobacco-free signs throughout our campuses, Public Service Announcements on the dangers of vaping and an educational peer-led vaping prevention curriculum. We are working on a future where our youth never start vaping or smoking.

LOCALLY
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HEART HEALTH

The American Heart Association is putting our communities' heart health first through our high blood pressure control program, Check. Change. Control. The experience focuses on building and strengthening habits across four areas critical to improving blood pressure control: (1) blood pressure self-monitoring, (2) healthy eating, (3) physical activity, and (4) mental and emotional well-being.

475,000

People die every year
from Cardiac Arrest



SAVING LIVES THROUGH CPR

After 10 minutes
without CPR,
the chances of survival
is close to zero.

The American Heart Association and One Beat Medical want to ensure our community learns how to save lives.

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LOCALLY SPONSORED BY



NOW MORE THAN EVER, YOUR SUPPORT IS NEEDED.

Because of Supporters like Holy Cross Health, Schiller Americas and One Beat, issues are being tackled in our community.

30 DAYS OF HEART CHALLENGE



American
Heart
Association.

Live Fierce™
Reduce Your Risk



30
days of Heart

Broward, Palm Beach & Treasure Coast
3rd Edition, locally sponsored by



Cleveland Clinic
Florida

Thirty healthy steps. One day at a time. Backed by science.

Our loved ones depend on us. Our hearts depend on us. Discover fun tips. Meet others taking the challenge. And start down the path toward healthy living.

Download your local 30 Days of Heart journal by scanning here



30 Days of Heart locally sponsored by



Cleveland Clinic
Florida