



American Heart Association.
Heart Walk.

WEEK OF WELLNESS

September 13-18, 2021



MOVE MORE MONDAY 9.13

Get warmed up for **Week of Wellness** with Planet Fitness! Visit a local Planet Fitness with a complimentary 7-day Black Card membership and start with their **warm-up**. Valid 9/12-9/18. Pass will be emailed when you register for Heart Walk!

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EAT SMART TUESDAY 9.14

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart by learning to identify **healthier condiments** or by **making smart substitutions**!



BE WELL WEDNESDAY 9.15

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 9.16

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.

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BEST FRIENDS FRIDAY 9.17

Did you there are many health benefits to **owning a pet**? 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 #Kentuckiana Heart Walk. And if you need a little pep in your step, try the **Heart Walk Playlist**.



2021 HEART WALK 9.18

Join us on at any of our pop-up Heart Walk start lines. Can't join us in person? Create your own start line in your neighborhood to get walking! Share your photos with #KentuckianaHeartWalk and #HeartWalkHere!

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