



American Stroke Association.
A division of the American Heart Association.

CycleNation™

Welcome to your 2021 Vermont CycleNation Event Guide



Thank you for riding with us!
#CycleNation802

Locally Sponsored by:





American Stroke Association
A division of the American Heart Association.

Together to End Stroke®

OPPORTUNITIES FOR STROKE RECOVERY HAVE NEVER BEEN GREATER

UPDATED GUIDELINES EMPHASIZE IMPORTANCE OF QUICK ACTION

About

795,000

Americans will have a new or recurrent stroke this year.



More than

690,000

U.S. strokes are caused when a clot cuts off blood flow to a part of the brain. (called an ischemic stroke).

Stroke is the No. 5 cause of death in the United States, killing more than 142,000.¹



LEARN AND SHARE THE WARNING SIGNS OF STROKE Spot a Stroke F.A.S.T.

F

FACE DROOPING

Does one side of the face droop or is it numb?

A

ARM WEAKNESS

Is one arm weak or numb?

S

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand?

T

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get to the hospital immediately.

QUICK TREATMENT = LESS BRAIN DAMAGE! Importance of Getting to the Hospital Quickly



Get to the hospital at the first sign of stroke so you can be evaluated and receive treatment in time. Stroke treatment begins in the ambulance. Calling 9-1-1 can help patients get treated more quickly and get them to a hospital that specializes in stroke care.

AS SOON AS POSSIBLE
WITHIN 4.5 HOURS
in select patients

IV alteplase

AS SOON AS POSSIBLE WITHIN
UP TO 24 HOURS
AFTER STROKE BEGINS²
in select patients

mechanical
thrombectomy

Clot busters and clot-removal procedures must be administered within a few hours of stroke symptoms to lessen the chance of being disabled after a stroke.

Mechanical thrombectomy is a procedure that can physically remove a large blood clot from a blocked artery in the brain.

9-1-1

Call 9-1-1 at the first sign of stroke.



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THE PROBLEM

Increased prevalence of obesity and physical inactivity over the past few decades are contributing to the slowing of the stroke death decline.¹



Over the last
15 years younger
**ADULTS AGES
18 TO 54**
have had increases
in stroke risk factors²



Adult and teen
obesity rates
in the U.S.
have reached
all-time high
(40%)³



Stroke death
declines have
stalled in
**3 OUT OF 4
STATES⁴**

THE SOLUTION

Obesity is a major cause of hypertension, which is the single most important modifiable risk factor for stroke.¹



Adults need **150 MINUTES** of moderate-intensity
PHYSICAL ACTIVITY EVERY WEEK⁵

Bicycling slower than 10 miles per hour is
considered **MODERATE PHYSICAL ACTIVITY**⁵

Join the CycleNation revolution today
CYCLENATION.ORG



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Vermont CycleNation

MAY 2021

STROKE AWARENESS MONTH

This is YOUR ride to help end stroke and heart disease.

Heart disease is the No. 1 killer worldwide, and stroke ranks second globally. By joining our CycleNation community, you will be a part of a relentless team working to stop the cycle of stroke and heart disease. **RIDE WITH US, SAVE LIVES WITH US!**



START (OR JOIN) A TEAM. Register today at www.CycleNation.org/Burlington for instant access to fundraising tools to help us reach our goal of \$65,000!

Ride wherever, whenever and however you want!



RALLY RIDERS. Join us on **May 3rd** from 12:00pm-12:30pm EST for Rally Day to hear from our stroke survivor ambassador, motivate your team, raise awareness **AND START TRACKING YOUR ACTIVITY MINUTES!**



ALL MAY LONG. Ride at home. Ride outside. Just ride! Compete against other teams to see who will end the month with the most miles. Post your progress on social media and help spread awareness. **#CycleNation802**



LET US CELEBRATE YOU! Save **June 1st** (zoom link to follow) for our digital celebration to recognize our top companies, teams, riders and amazing survivors! Will **YOU** be our top rider?

Get inspired by stroke survivors by visiting www.CycleNation.org/Burlington and look for important event updates.

You can text **VTCYCLENATION** to **41444** to make your gift

How to START a team under an existing company

Log onto: www.cyclenation.org/burlington, and follow these steps:



Click on Register:

American Stroke Association
CycleNation

Home Register Donate Log In More

Next, choose: Start a team.

We are so excited you are registering for CycleNation 2021 Vermont!

How would you like to join?

Start a Team Join a Team I'm going solo

I will recruit riders to join my team and together we'll fundraise to crush our squad goal

I know someone who already started a team and I want to join in the fun!

I don't want to join or start a team, I'm solo and proud. #sorrynotsorry

Name your team then pick the company you want your team to be under by searching for it in the drop-down box. Continue prompts from there. Once your team is registered, visit *Your Events* page to recruit up to 8 team members, fundraise, personalize your page, connect to social media and more!

38% Team Details

* Name your team:

Are you associated with a company?

Team goal:

Do you have a VIP Code?

Back Next Step

Thank you for your support and happy riding!

QUESTIONS? Please contact Wes Snyder at Wes.Snyder@heart.org

How to JOIN a team

Log onto: www.cyclenation.org/Burlington, and follow these steps:



Click on Register:



Next, choose: JOIN a team.



Now find the team you want to join by searching by team name, team captain or company from the drop-down box. Continue prompts from there. Once you're signed up, visit *Your Events* page to fundraise, personalize your page, connect to social media and more!



Team Details

Search by team name, team captain and/or company

Team Name	Team's Group/Company
<input type="text"/>	<input type="text" value="Choose from existing list"/>
Team Captain First Name	Team Captain Last Name
<input type="text"/>	<input type="text"/>
<input type="button" value="Search"/>	

Thank you for your support and happy riding!

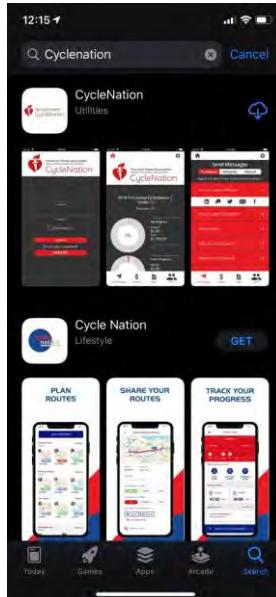
QUESTIONS? Please contact Wes Snyder at Wes.Snyder@heart.org

CYCLENATION ACTIVITY TRACKER

Download the CycleNation App to join the Move More activity challenge. You can track your minutes of activity right from your phone! Through the CycleNation app you'll be able to log in and start tracking 30 days before CycleNation, which falls on May 2nd – so don't forget to manually enter any minutes from May 1st!

DOWNLOADING THE APPLICATION

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



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

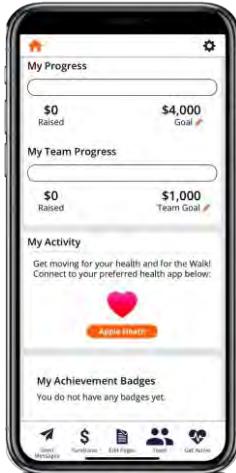


CONNECTING YOUR APPLE OR ANDROID DEVICE

with Apple Health, Google Fit or Strava

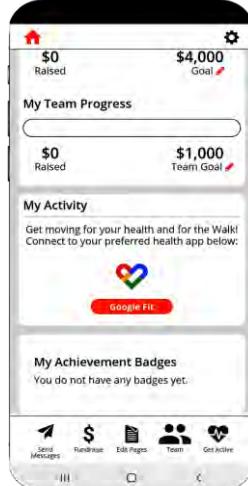
Apple

Click on Apple Health



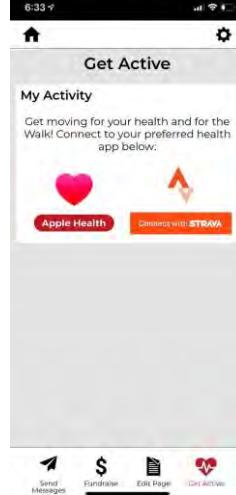
Google

Click on Google Health



Strava

Click on Connect with Strava



Android users may be required to download Google Fit.

CYCLENATION ACTIVITY TRACKER

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

TRACKING YOUR PHYSICAL 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 mileage activity will automatically be retrieved in the CN app. You can also go beyond biking and manually track walking and running miles.

To track your Peloton miles - be sure to be connected through Apple or Google Health

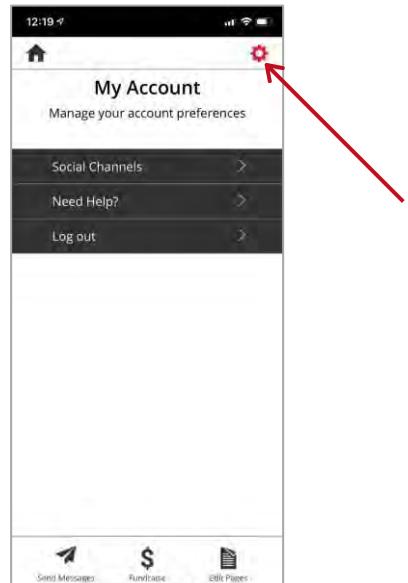
You DO NOT have an Activity Tracking Device

You can record your cycling miles from within the CN app by clicking the green "Start" button. When you are done with your ride, you can press the red "Stop" button to save your workout. If you forget to track your mileage with a device, you can manually track miles from riding, walking or running. Click 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.



WEEK OF WELLNESS

May 24th - May 28th

Exercise your mind, body and spirit!



MOVE MORE MONDAY – May 24th

Get warmed up for Week of Wellness and Stop Sitting today with a binge break with our #CYCLENATION802 Sofa Stretch, Accent Chair Dips or Torso Twist.



GET IN GEAR TUESDAY – May 25th

How much physical activity do you need? Get fit in 150+ (minutes of activity per week). Practice moving more and sitting less with these physical activity recommendations.



BE WELL WEDNESDAY – May 26th

Presented by Blue Cross Blue Shield of Vermont

On our final CycleNation Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy by focusing on your mental health. Connect with us on social media @VTHeartAssoc to view a video presented by Blue Cross Blue Shield of Vermont!



CYCLENATION THURSDAY – May 27th

IT'S ALMOST TIME! Get moving wherever you! Get ready for our Happiest Half Hour on June 1st for a celebration and some special surprises. Share and post your photos on social media with #CYCLENATION802



BEST FRIENDS FRIDAY – May 28th

Share a photo of you and your furry best friend on a walk. If you need a little pep in your step, try the CycleNation Playlist. Share and post your photos on social media with #CYCLENATION802



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Event dates and reminders!

DATES TO KNOW:

TODAY

Download the CycleNation app. Recruit your team members and share your fundraiser on social media!

**May
2nd**

Start tracking your activity! You can manually enter any minutes from May 1st.

**May
3rd**

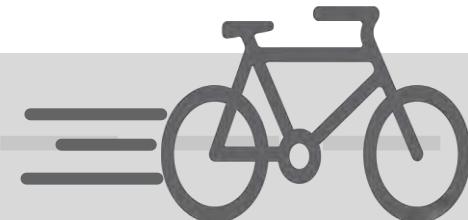
Participate in our Rally Day from 12:00pm-12:30pm EST get pumped about your ride and learn all the amazing tools we have for your ride to be a success.

MAY

Keep your heart pumping and keep racking up those minutes!

**June
1st**

Vermont CycleNation Celebration! Join us on Zoom (link to follow) for our Happiest Half Hour to celebrate all our success!



FRIENDLY REMINDERS:

MAKE SURE YOU DOWNLOAD THE ZOOM APP FOR OUR RALLY DAY AND CELEBRATION EVENTS!

DON'T FORGET TO PUT IN IF YOUR COMPANY MATCHES!

FAQs

[click here](#) to visit our frequently asked questions!

Your ride will help make a

BIGGER IMPACT & SAVE LIVES



REDUCING BLOOD PRESSURE

Nearly half of adults have high blood pressure and many do not know they have it. Black Americans have among the highest in the world.

We are supporting clinics in our communities, including Federally Qualified Health Centers, to provide access to to provide community education and resources around better blood pressure management.



ELIMINATING TOBACCO & VAPING

Tobacco use and vaping remains the single largest preventable cause of death and disease in the United States. The tobacco industry targets youth, people of color, those from LGBTQ+ communities and others with limited access and resources to get them addicted.

If we do not address this issue, tobacco will kill nearly half a million Americans each year.



INCREASING NUTRITION SECURITY

Due to COVID-19 the total of "food insecure" in NJ is estimated to increase by 56%, more than the 46% national increase, and 10% higher than neighboring states -New York, Pennsylvania, and Delaware.

More than 1.2 million NJ residents are projected to be food insecure in 2020, with 413,000 newly food insecure this year.



PROMOTING MENTAL WELL-BEING

Mental well-being and physical health are connected, and historically excluded communities are disproportionately impacted, especially now. Despite being treatable, there is an enormous treatment gap and barriers with stigma, discrimination, and access.

We are focused on achieving total and equitable health for all. The AHA is promoting and providing mental well-being content to our corporate and community partners.



REDUCING RISK FOR WOMEN

Because heart disease kills 1 in 3 women, the AHA is focused on ensuring that women are aware of their risk factors, represented in research and have access to equitable treatment they need to live longer, healthier lives.



ADDRESSING COVID-19

The COVID-19 pandemic has the potential to accelerate diseases caused by delayed or lack of access to medical care, medications and healthy food. It is also contributing to unhealthy stay-at-home habits, high unemployment, stress and poor mental health.

To address this, we invested \$2.5 million to specifically investigate the cardiovascular implications of COVID-19, established new guidelines for administering CPR and worked with organizations to support physical activity.

Please read more about these issues by [clicking here](#):
Understanding the issues

THANK YOU FOR YOUR SUPPORT!