



American Heart Association®

Field Day

FIELD DAY

Never stop playing. The American Heart Association is giving companies a way to put some **play space into their workspace** while raising critical funds to end heart disease and stroke.

Whether in the company office or home offices, employees participate in fun physical and mental challenges providing the opportunity for meaningful social connections and play breaks during the workday to help combat burnout and alleviate stress. **Field Day** will become a highly anticipated tradition through this fun, convenient event that engages teams of employees to compete for the ultimate bragging rights – **winning the 1st place trophy by saving lives.**



A Fun and Flexible Option



Field Day provides companies a flexible and fun option to engage employees and encourage them to prioritize their physical and mental health. These days, we are sitting more, moving less, and experiencing a higher level of stress. Field day gets employees up and moving throughout the day and gives them an opportunity to engage with their coworkers and build more meaningful relationships. All of this contributes to happier and more energetic employees – and what's not to like about that?

FIELD DAY EVENT – HOW DOES IT WORK?

- Your company's Field Day Executive Champion selects a steering committee of 5-10 members to coordinate Field Day. ERG (*Employee Resource Groups*) and YP (*young professional*) members are great candidates for this committee.
- Field Day can be held any time of the year. It's completely up to you!
- In-person, virtual, or hybrid options are available
- Registration fee of \$25 per person (+ fundraising)
- The Steering Committee selects Field Day games (AHA provides a list of games with rules and directions)
- Employees form teams and raise money leading up to the event through a Fundraising Challenge (worth the most points!)
- Teams earn points through Fundraising Challenges, Proper Prep Challenges (in-person option only), and Field Day Event Games
- Top teams are celebrated at the end of your Field Day event, and the winning team gets a trophy to display for the year.



Popular game suggestions from other companies:

- Fundraising Competition
- Team Water Balloon Toss
- Dizzy Bat Relay
- Corn Hole
- Tug-of-War
- Rescue me
- 3 Legged Sack Race
- Brain Games
- Limbo
- Learn Hands-Only CPR
- Gratitude Challenge



**WORK HARD,
PLAY HARDER.**

"We get a different audience that come to field day. We get 350-400 more to come to field day each year. This year we sold out in an afternoon!"

– Raymond James Company Leader