



American Heart Association.

Heart Walk®

# Anchorage Heart Walk Kick-Off Bingo

**Want to win an Alaska Airlines Ticket?** Courtesy of

Three easy steps: **1.** Print out this card **2.** Get a bingo

**3.** Return to Kristin.George@heart.org

Whoever single line bingos and raises the most funds by 5 p.m. August 31 will WIN!

Text 10 family or friends your Heart Walk page link	Personalize your Heart Walk page	Walk 10k steps in one day	Recruit someone to join your Heart Walk team	I raised \$_____ for the Heart Walk
Go on a walk/hike	Step outside and breath fresh air	Make a donation on your Heart Walk page	Drink 64 ounces of water in a single day	<a href="#">Watch this video to learn hands-only CPR</a>
Set your fundraising goal on your Heart Walk page	Dance thru your favorite song	<a href="#">Register for the Anchorage Heart Walk</a>	<a href="#">Share with someone AHA's support of Covid-19 research</a>	Recruit a new team captain
Collect 5 donations	Eat 2 servings of fruit	Do something mindful to relieve stress	Call a friend or family member to check in	<a href="#">Like The Anchorage AHA Facebook Page</a>
<a href="#">Download the Heart Walk app</a>	Become a Top Walker with \$500 or more in donation	Clean for 20 minutes—its like walking a mile!	<a href="#">Take the #MoveMoreAK pledge</a>	Share a Heart Healthy recipe

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