



American Heart Association®
Heart Walk®

Las Vegas Heart Walk Experience

September Daily Challenge Guide

**START
HERE!**

August 31st

1. Download the Heart Walk app
2. Follow [@AHANevada](https://www.instagram.com/AHANevada) on social media
3. Share your journey with the Las Vegas community

August 31st:

Take workout selfie.
Post online with
#LVHeartWalk

Move More Monday

September 1st:

Teach or learn
Hands-Only CPR

Teamwork Tuesday

September 2nd:

Add color to your meal.
Post photo with
#LVHeartWalk

Wellness Wednesday

September 3rd:

Nominate a
Heart Hero

Survivor Thursday

September 4th:

Shout out to the
Heart Walk Team
with the most
registered walkers

Frontpage Friday

September 7th:

Dance
Break!

Move More Monday

September 8th:

Challenge a
friend to a
virtual workout

Teamwork Tuesday

September 9th:

Take a 15-minute
mental wellness
break

Wellness Wednesday

September 10th:

Have a survivor in your
life share their
"why" with
you

Survivor Thursday

September 11th:

Shout out to the
Heart Walk Team
with the most
money raised

Frontpage Friday

September 14th:

Complete
5-minute workout
during your
workday

Move More Monday

September 15th:

Take the challenge:
One hour with no
electronics

Teamwork Tuesday

September 16th:

Relieve stress by
sharing a laugh and
coloring a page
with a friend.

Wellness Wednesday

September 17th:

Show us your survivor
"miracle mile" with
#LVHeartWalk

Survivor Thursday

September 18th:

Shout out to the
Heart Walk Team
that has used
#LVHeartWalk
the most

Frontpage Friday

September 21st:

Learn some
smooth moves with
tWitch & Allison's
AHA online
workout

Move More Monday

September 22nd:

Teach someone what
F.A.S.T.
means

Teamwork Tuesday

September 23rd:

Write down 5 things
you are
grateful for

Wellness Wednesday

September 24th:

Highlight a survivor in
your life online with
#LVHeartWalk

Survivor Thursday

September 25th:

Shout out to the
"Best dressed"
Heart Walk Team

Frontpage Friday



CONGRATULATIONS!

We hope you enjoyed the
Heart Walk Challenge
and are pumped up to
Walk Where You Are
for Heart Walk Day
Saturday, September 26th!

Thank you to our sponsors:

