



American Heart Association.  
Heart Walk®

# HEART WALK STEP CHALLENGE

We could all use some help to move more and stay in touch. The new step challenge will get you moving while protecting the hearts you love. Start tracking your steps with the new Heart Walk activity tracker **30 days out from your event.**



**Encourage movement**



**Relieve stress**



**Connect teams**



**Raise lifesaving funds**

## HOW ITWORKS

### Ready

Download or update your Heart Walk app and get registered.

### Set

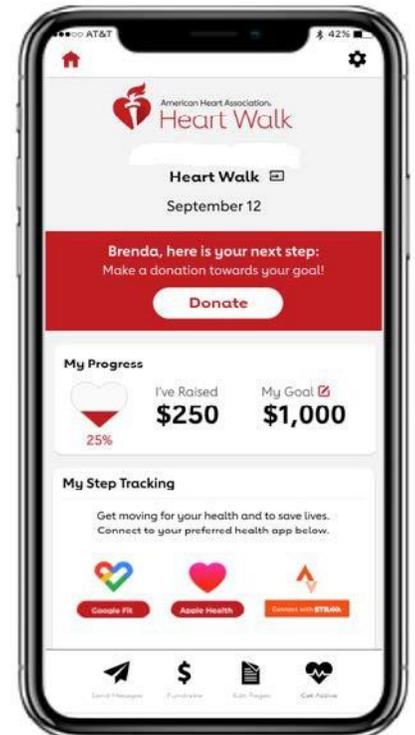
Your company has 30 days to get moving while you log your steps and fundraise for the Heart Walk.

### Go

Any way you step, counts! You can walk, dance or even vacuum to stay moving.

### Celebrate

Keep an eye on your leaderboard. Top steppers and fundraisers will be recognized on Heart Walk day!



Raise funds  
AND raise  
heartbeats

Simply download the Heart Walk app and GO!





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# TOP TIPS FOR A WINNING STEPS CHALLENGE

Ready to get a step ahead? Here are some ways to make your step challenge a BIG success. **Remember the tracker will go live 30 days before your event.**



## Recruit Walkers

Make sure all your coaches and walkers are recruited before Step Challenge begins and they have downloaded the Heart Walk app so their steps count!



## Set the Goal

Rack up the steps with a company goal. Just a 20-minute walk is about 2,000-3,000 steps. Imagine if you all walked 1 million steps together!



## Make a Match

Inspire your teams to move more with a company Movement Match, like \$1 for every 100 steps.



## Spread the Word

Get everyone in the game! Teams can get healthier together AND stay connected.



## Start at the Top

Sign up your CEO and other executives. If your leaders are in, your employees are more likely to be in!



## Cheer Them On

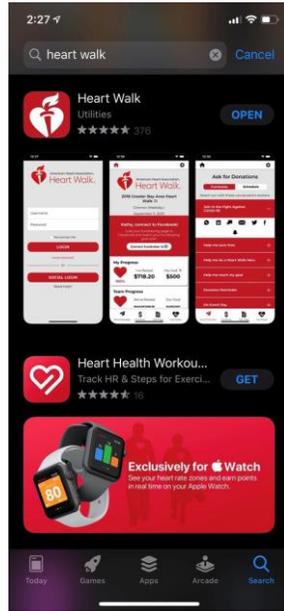
Send a weekly email to congratulate all your walkers and update them as your company climbs the leaderboard. (And watch everyone's competitive spirit come out!)

# Heart Walk Activity Tracker

NEW! The Heart Walk app now has the ability to track your steps right from your phone during the Heart Walk Steps Challenge! **The tracker icon will show up 30 days before your event**, once you follow the instructions below it will be available through the day of your Walk!

## Downloading the Application

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



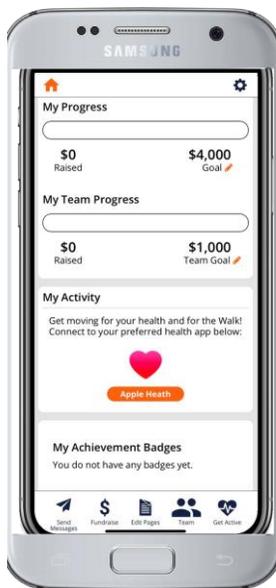
If you DO already have the Heart Walk App: Navigate to your account to update current apps and Click "Update"



## Connecting Apple or Android Device with Apple Health, Google Fit or Strava

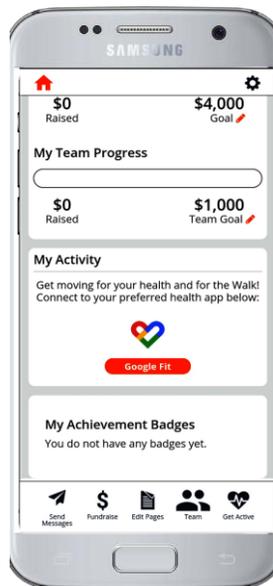
Apple

Click on Apple Health



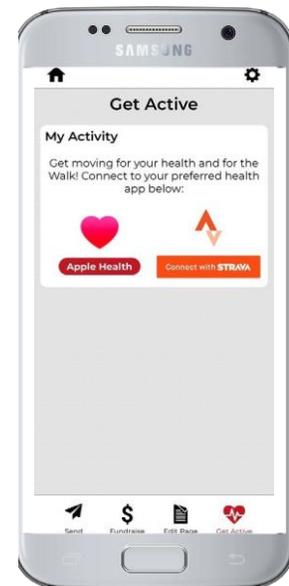
Google

Click on Google Health



Strava

Click on Connect with Strava



**Android users may be required to download Google Fit.**

# Heart Walk Activity Tracker

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

## Tracking Your Mileage!

### 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, Google Fit or Strava, your historic activity data will automatically be retrieved in the HW app.

### You DO NOT have an Activity Tracking Device

You can record your activity from within the HW app by clicking the green "Start" button. When you are done with your activity, you can press the red "Stop" button to save your workout. If you forget to track an activity with a device, you can manually add your activity by clicking 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.

