

HEART @ HOME

BINGO

During this time of social distancing, play bingo with the American Heart Association to launch our 2020 Heart Walk campaign and stay heart healthy at home!

Go to www.JohnsonCountylaHeartWalk.org to register

Complete **TWO** bingo rows, columns or diagonals to qualify for a heart healthy prize. Email your board to Tyler.Wright@heart.org.

PLUG YOUR PHONE IN AWAY FROM YOUR BED AT NIGHT	PERSONALIZE YOUR PAGE	WALK 10,000 STEPS	RECRUIT SOMEONE TO YOUR HEART WALK TEAM	GO OUTSIDE AND GET FRESH AIR
MAKE A DONATION ON YOUR HEART WALK PAGE	CALL A FRIEND OR FAMILY MEMBER	DRINK 64 OZ OF WATER	SHARE YOUR PAGE ON FACEBOOK	HEAR THE WORD CORONA VIRUS
SET YOUR FUNDRAISING GOAL	PRACTICE SOCIAL DISTANCING	REGISTER FOR THE HEART WALK	RECRUIT AN ADDITIONAL TEAM COACH	EAT 3 SERVINGS OF VEGETABLES
COOK A MEAL	WASH YOUR HANDS	TEXT FRIENDS & FAMILY A LINK TO YOUR PAGE	TAKE A 15 MINUTE STRETCH BREAK	RECEIVE A DONATION FROM SOMEONE ELSE
DO AN AT HOME WORKOUT	EMAIL YOUR FRIENDS & FAMILY A LINK TO YOUR PAGE	GET 7-8 HOURS OF SLEEP	CLEAN FOR 20 MINUTES, IT'S LIKE WALKING A MILE	DOWNLOAD THE HEART WALK APP

To play bingo on your mobile device, screen shot the bingo board and save to your photos, open the image in your photos and use the markup tool to mark boxes that you've completed.