

# HEART @ HOME

## B I N G O

During this time of social distancing, play bingo with the American Heart Association to launch our 2020 Heart Walk campaign and keep up your healthy habits at home!  
[www.quadcitiesheartwalk.org](http://www.quadcitiesheartwalk.org)

PLUG YOUR PHONE IN AWAY FROM YOUR BED AT NIGHT	PERSONALIZE YOUR PAGE	GET 7-9 HOURS OF SLEEP	RECRUIT SOMEONE TO YOUR HEART WALK TEAM	IF SAFE, GO OUTSIDE AND GET FRESH AIR
MAKE A DONATION ON YOUR HEART WALK PAGE	CHECK-IN WITH/ON LOVED ONES	DRINK WATER AT EVERY MEAL	SHARE YOUR PAGE ON FACEBOOK	HEAR THE WORD CORONA VIRUS
SET YOUR FUNDRAISING GOAL	PRACTICE SOCIAL DISTANCING	REGISTER FOR THE HEART WALK	REPLACE SUGARY DRINKS WITH WATER	SNACK ON A FRUIT OR VEGGIE
COOK A MEAL	WASH YOUR HANDS WITH SOAP FOR AT LEAST 20 SECONDS	TEXT YOUR FRIENDS AND FAMILY A LINK TO YOUR PAGE	TAKE A 15 MINUTE STRETCH BREAK	RECEIVE A DONATION FROM SOMEONE ELSE
DO AN AT HOME WORK OUT	EMAIL YOUR FRIENDS OR FAMILY A LINK TO YOUR PAGE	WALK FOR 10+ MINUTES	CLEAN FOR 20 MINUTES, IT'S LIKE WALKING A MILE	DOWNLOAD THE HEART WALK APP

Complete **TWO** bingo rows, columns or diagonals to qualify for a heart healthy prize.

email to [lori.garrett@heart.org](mailto:lori.garrett@heart.org)



American Heart Association®  
**Heart Walk®**