



American Heart Association®

Heart Walk®



2020 Syracuse Heart Walk Scavenger Hunt

Upload your pictures and videos to our Facebook event page found here:

<http://spr.ly/FBSyracuseHeartWalk>

Be Well

- Photo of you or your team members in their favorite yoga pose
- Photo of your favorite place to meditate or your current at home meditation space
- Show us your favorite song that would be the soundtrack of your happy place
- Draw and color your best heart photo

Add Color

- Show us a photo of your fresh veggies (three or more)
- Show us a photo of your fresh fruit (three or more)
- Show us your favorite red spice to use

Move More

- Doing a 10 second dance video
- Doing 5 push-ups in a video
- Photo of you creating a heart with your body using your arms/fingers
- Show us how you hula hoop
- Show us how you bounce/toss a ball

Eat Smart

- Share with us your favorite heart healthy recipe
- Show us your unsweetened beverage
- Show us your favorite type of bean

All photos must be proven to have been taken on the day of the Virtual Heart Walk and posted using the hashtag you provide.

(Example: Snapchat has a date filter you can use for when you take the photo)

OR write the date and challenge on a piece paper cut into a heart to be included in each photo)



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