



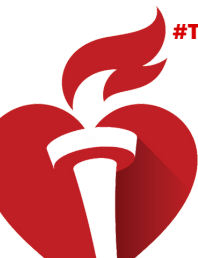
American Heart Association®

Heart and Stroke Walk™

Tucson @ Home Bingo

FIND A YOGA POSE AND PRACTICE	HAVE A DANCE PARTY TO GET YOUR HEART GOING	GET 7-9 HOURS OF SLEEP	RECRUIT SOMEONE TO YOUR HEART & STROKE WALK TEAM	GO OUTSIDE AND GET SOME FRESH AIR
MAKE A DONATION ON YOUR HEART & STROKE WALK PAGE	CHECK IN WITH YOUR LOVED ONES	DRINK WATER WITH EVERY HEART HEALTHY MEAL	SHARE YOUR FUNDRAISER ON FACEBOOK	WRITE DOWN ONE THING YOU'RE GOOD AT
PRACTICE SOCIAL DISTANCING	SNACK ON A FRUIT OR VEGGIE	REGISTER FOR THE HEART & STROKE WALK	COOK A HEART HEALTHY MEAL	WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS
SHARE YOUR HEART & STROKE WALK PAGE WITH FRIENDS & FAMILY	TAKE A 15 MINUTE STRETCH BREAK	HAVE A VIDEO CHAT WITH FRIENDS & FAMILY	DOWNLOAD THE HEART WALK APP	MAKE YOUR BED
CLEAN FOR 20 MINUTES	CREATE A HOME WORKOUT FOR YOUR FAMILY	HAVE A GOOD LAUGH	READ A BOOK	HAVE AN INDOOR PICNIC

**During this time of social distancing, play
BINGO with the Tucson American Heart
Association to launch our 2020 Heart & Stroke
Walk campaign and keep up your healthy
habits at home. Make sure you share on social
media and use the Hashtag
#TUCWalkWhereUR and tag @AHATucson**



**PHOENIX
CHILDREN'S**