



American Heart Association.
Heart Walk.

MOVE MORE CHALLENGE

We could all use some help to keep moving and stay in touch. The Move More Challenge will get you moving while protecting the hearts you love.



Start moving



Relieve stress



Connect teams



Raise lifesaving funds

HOW IT WORKS

READY

Download or update your Heart Walk app and get registered.

SET

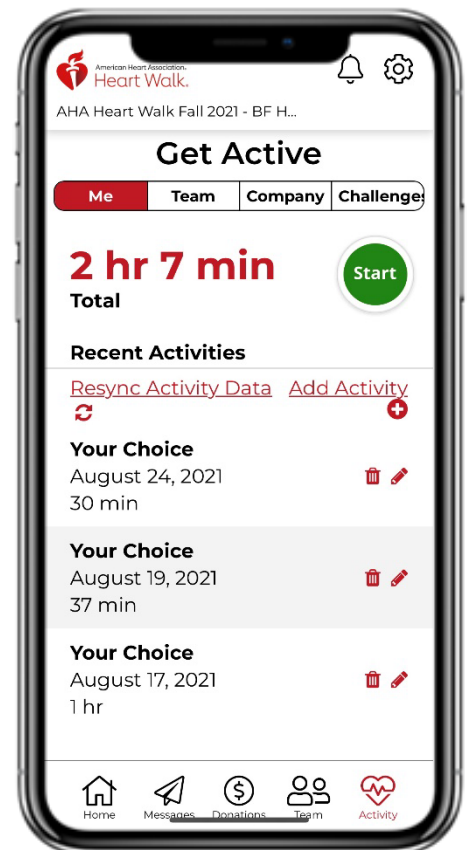
You've got 30 days to log your minutes. See if you can reach 150 minutes a week!

GO

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

CELEBRATE

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



Raise funds
AND raise
heartbeats

Simply download the Heart Walk app and GO!



TOP TIPS FOR A WINNING CHALLENGE

Make your company's Move More Challenge a BIG success.



Recruit Walkers

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



Set the Goal

Rack up the minutes with a company goal. The AHA recommends 150 minutes per week. Imagine how many hours of heart-healthy activity you can accomplish together!



Make a Match

Inspire your teams to move more with a company Movement Match, like \$1 for every hour of movement.



Spread the Word

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



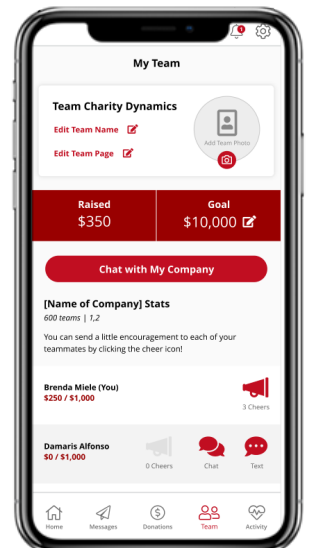
Start at the Top

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



Cheer Them On

New! Send a "Cheers" to teammates directly in the app as they achieve something new! Keep your team informed with 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!)

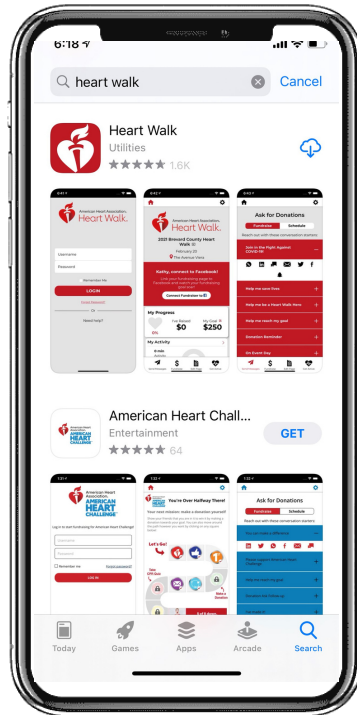


Heart Walk Move More Tracker

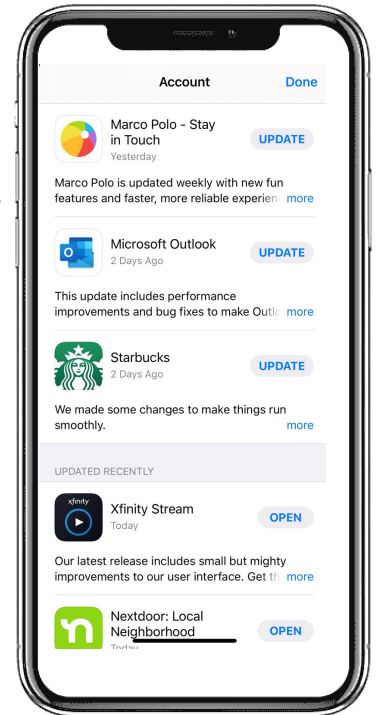
NEW! The Heart Walk app now has the ability to track your minutes of activity right from your phone during the Heart Walk Move More Challenge! The tracker icon will show up 30 days prior to the event day and be available through 11:59pm on the event day!

Downloading the Application

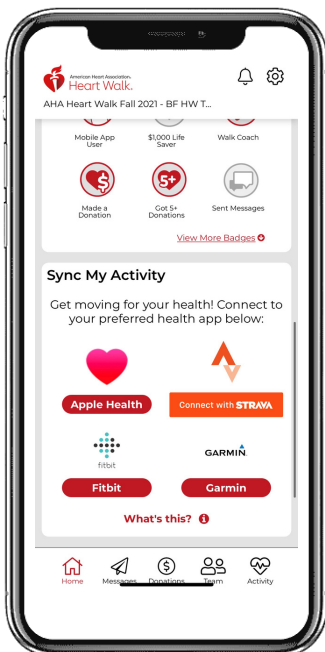
If you DO NOT already have the Heart Walk App: Navigate to your Apple or Google App Store and search for "Heart Walk"



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, Strava, Fitbit or Garmin



- Click on the icon of the tracker you wish to connect to through the HW app.
- You will need to allow access to all activity from the selected application.
 - Be sure within the selected tracker application you allow it to share and sync with the HW app.
 - (If you are unsure on this step please reference your smart phone guide or Google based off of the phone type and application you are syncing)
- You should now be able to sync your data from your selected application into the HW app.

****The steps above may look different depending on the tracker you choose or the phone type you have.****

Sync times may differ depending on the application. If you find your data is not syncing you can navigate to the Activity Icon at the bottom of your HW app where you will see an option to Resync your Activity!

Heart Walk Move More Tracking Options

The Heart Walk Move More Tracker can pull data from either Apple Health, Google Fit, Strava, Fitbit or Garmin. Please see below the options to track your minutes within or to the Heart Walk App.

Option 1. Manually track an activity directly through the App

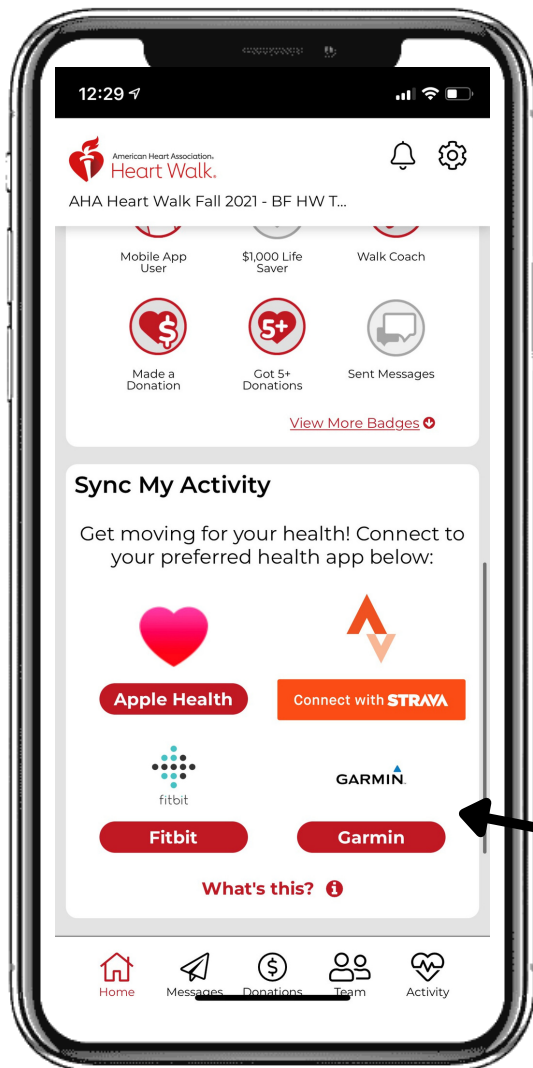
- Click on the green Start button to start your activity tracking. (Be sure your location access is set to Always)
- Click the grey square to stop your workout and Confirm.

Option 2. Manually enter an already completed activity directly through the App

- Click on the red plus sign.
- Enter the Date & Duration of your activity and click Add.

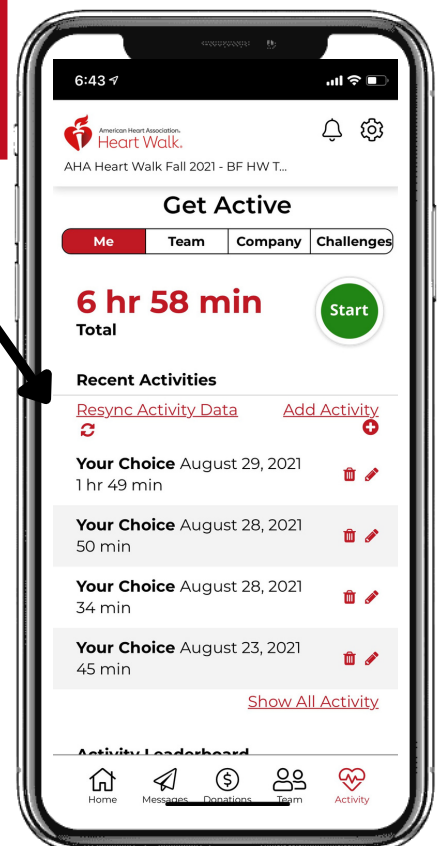
Option 3. Sync your activity to the HW App. SEE OPTIONS BELOW

- You must allow the HW app to access all activity within your connected health app in order for data to sync and transfer.











If you find your data on the HW app is not reflecting correctly - navigate to the Activity icon in the bottom right hand corner. On this screen you'll now see the option to ***Resync Activity Data***

The additional option not displayed to the left but available with an Android device is Google Fit.



HW App Move More Challenges

A challenge is a great way to show your supporters you are serious about your training. Set a goal to complete each of the challenges below. After each completion you can share your successes on your social media channels.

THRESHOLD	DESCRIPTION	BADGE
1 workout	First Workout Challenge Track workout #1 to win this badge.	1-streak 
10 workouts	10 Workout Challenge Track 10 workouts to win this badge.	2-streak 
45 min	45 Minute Challenge Track 45 total minutes to win this badge.	3-streak 
60 min	60 Minute Challenge Track 60 total minutes to win this badge.	4-streak 
150 min	150 Minute Challenge Track 160 total minutes to win this badge.	1-star 
300 min	300 Minute Challenge Track 300 total minutes to win this badge. 300	2-star 
450 min	450 Minute Challenge Track 450 total minutes to win this badge.	3-star 
600 min	600 Minute Challenge Track 600 total minutes to win this badge.	4-star 

Receive a Congratulations when you complete a challenge and share via social media!

View your activity progress. Also team members and the challenges they have completed where you can now cheer them on by clicking on the megaphone!

You can choose what Challenge you want to join and see your progress!

