

Celebrate Success: How to Host your own walk

Celebrate your Heart Walk fundraising efforts of your team with a group walk! The work was done online, now head outside and get your heart pumping with friends, family & co-workers.

Did you know that walking can reduce your risk by helping to control your blood pressure and weight, improve cholesterol levels and reduce the risk of diabetes? In fact, one hour of regular vigorous exercise, such as brisk walking, could add two years to your life expectancy!

Your celebration walk can be as large or simple as you want it to be, the important thing is to walk! Below we've listed out a few different walk options. Pick one which fits within your lifestyle and make it your own.

Level 1

Email your fellow team members and make a plan to meet in a central location such as a neighborhood street, park, walking trail, school or workplace. Either plan to walk for a time frame, such as 30 minutes to one hour, or map out distance between one and three miles.

Level 2

Do everything in Level 1 but also have a few extras to make it extra special.

- Supply bottled water
- Provide healthy snacks or have a nice heart healthy meal together after your walk.
- Have someone take a group photo.
- Recognize and award the person who raised the most money.

Level 3

Make it a grand event! Do everything in Level 1 & 2, but truly create your own Heart Walk.

- Advertise the event in your workplace and community.
- Make your own posters/banners
- Have someone there to take pictures
- Get t-shirts made for everyone who contributed/raised money. You can even sell them for additional money!
- Invite local health vendors such as local gyms, hospitals//wellness centers, and athletic retailers.
- Have guest speakers. Good choices might include someone with heart disease who can share their story, the team captain, a leader at your company, or someone from a company who donated the most money.
- Be sure to check with your city officials to make sure you have authorization to hold your event and any permits you may need.

Make it the walk of your life!