



American Heart Association.
Heart Walk.

VIRTUAL OAHU HEART WALK

Cross the virtual finish line with us! The reason *why* the Heart Walk exists remains our beacon – to **celebrate heart and stroke survivors, raise lifesaving funds, and to encourage physical activity.** While this week-long event signifies so much for our community, we know that it *takes a community to make an impact*, and we cannot stop now. Our lifesaving work and our mission are more important than ever. Heart disease and stroke continue to be our No. 1 and No. 3 killers in Hawaii and they forever change the lives of patients and their families.



**JOIN US AS WE BRING THE
VIRTUAL OAHU HEART
WALK LIVE TO YOU FROM
8/8/2020 – 8/14/2020**

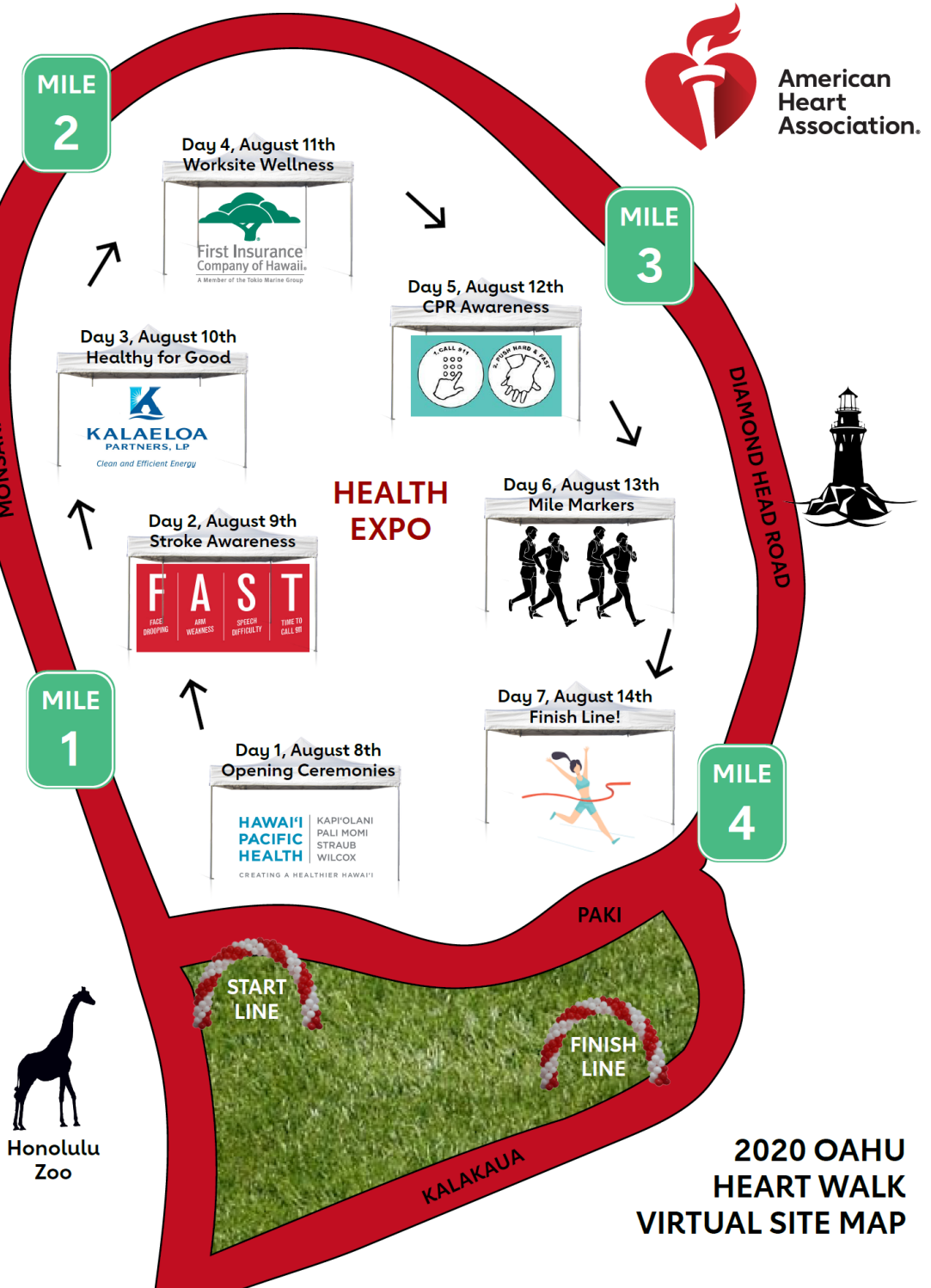
We're encouraging all participants to join us online for opening ceremonies and then ask that you join us for a week-long virtual experience with the Heart Walk! You will have the chance to share your photos, videos and comments on the Oahu Heart Walk Facebook event page or your favorite social media channels using

#HiHeartWalk

VIRTUAL OAHU HEART WALK DETAILS

Throughout the week the American Heart Association will have you follow along our Virtual Site Map to visit each “booth” and participate in fun, heart-healthy activities! You can interact with us each day by reporting your participation in the daily ‘Call to Action’ by:

- Staying tuned – multiple posts will go out each day.
- Posting photos on AHA’s Event Page everyday and tagging your employer.
- Commenting on AHA’s posts.
- Posting pictures on your own social media websites using the #HiHeartWalk and tagging your employer.
- Liking AHA’s posts.
- Sharing the FB Event Page with friends and family and inviting them to participate daily.
- No Facebook? You can email photos and updates to Joann.Yang@heart.org
- Getting additional donations to your team’s page, go to: www.oahuheartwalk.org
- Creating a Facebook fundraiser for the Heart Walk (Email Joann.Yang@heart.org if you need help getting this set this up)



#HiHeartWalk

VIRTUAL OAHU HEART WALK DETAILS

Visit these booths with us each day to learn something new and participate in a fun activity!

- Day 1: Saturday, August 8th - Opening Ceremonies, Sponsored by Hawaii Pacific Health**
- 8:00am - Opening Ceremonies
 - 8:30am - Warm Up Video
 - *Call to Action: Participate in our Step Challenge! Send us or post your progress towards 4.5 miles or 9,000 steps. Details below.*
- Day 2: Sunday, August 9th - Stroke Awareness, Sponsored by HMAA**
- Stroke Resources
 - *Call to Action: Take a pledge to be Healthy for Good and tag #HiHeartWalk or share stroke symptoms with a friend or family member. Pass the knowledge!*
- Day 3: Monday, August 10th - Healthy for Good, Sponsored by Kalaeloa Partners, L.P.**
- 12:00pm - Healthy Cooking Demo Zoom with Chef Jessica Qsar, Maui Personal Chef
 - *Call to Action: Post or send us a photo of your nutritious meal and/or participate in our Healthy Cooking Demo by fundraising a total of \$25 or more for the Heart Walk.**
- Day 4: Tuesday, August 11st - Worksite Wellness, Sponsored by First Insurance Company of Hawaii**
- 12:00pm - Music Boosts Mental Health Zoom Room with Music by Rick Rasay and then Music by Art Kalahiki
 - *Call to Action: Post or send us a photo of how you manage stress and/or participate in our Zoom Room by fundraising a total of \$25 or more for the Heart Walk.**
- Day 5: Wednesday, August 12th - CPR Awareness, Sponsored by Diagnostic Laboratory Services**
- 12:00pm - CPR Demonstration with American Medical Response Hawaii
 - *Call to Action: Post a selfie today showing us how you stay healthy and #HiHeartWalk.*
- Day 6: Thursday, August 13th - Mile Markers**
- 12:00pm - Move More Workout Zoom Room with EK Watt, Orangetheory Kakaako
 - *Call to Action: Challenge yourself and/or your kids to do a workout or participate in our Move More Workout by fundraising a total of \$25 or more for the Heart Walk.**
- Day 7: Friday, August 14th - Advocacy, Finish Line, and Closing Ceremonies**
- 8:00am - Survivor Finish Line
 - 8:15am - Closing Ceremonies
 - *Call to Action: Conclusion of Step Challenge! Show us how much you walked/ran over these past 7 days with the number of steps or total distance!*

**Once you fundraise at least \$25 total, you will have access to all Zoom Rooms available.*

STEP CHALLENGE

Let's Get Walking! Just because our walk is taking place virtually, doesn't mean you can't get your steps in! **We challenge all participants to walk a total of 4.5 miles or 9,000 steps**, the amount of steps it would take to complete the Kapiolani Park route, throughout our virtual Heart Walk week (Saturday, August 8th - Friday, August 14th)! We know everyone walks at a different pace, so start whenever you're ready. Submit a picture of your tracked steps or miles to get credit for participating and you'll receive a FINISH LINE badge for your Facebook page! Otherwise, ask 5 friends to participate with you OR sponsor you with a \$45 donation! Make sure to use #HiHeartWalk!



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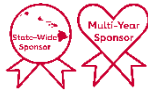
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