



American Heart Association®

Heart and Stroke Walk™

# UC DAVIS 2020 SACRAMENTO HEART & STROKE WALK WALK WHERE YOU ARE

Cross the virtual finish line with us! The reason why the Heart walk exists is to celebrate heart and stroke survivors, raise lifesaving funds, and to encourage physical activity. This single-day event signifies so much for our community, we know that it takes a city to make an impact. Your ongoing support of the American Heart Association's mission is helping us invest directly in scientific research on COVID-19 as it relates to heart and brain health. We hope to provide information to the health care heroes and first responders who are on the front lines caring for patients and searching for cures.

## HOW TO PARTICIPATE

1. Create or join a team on our page at: [sacramentoheartwalk.org](https://sacramentoheartwalk.org)
  - a. If creating a team as a coach, click "Create a Team" and fill out the registration page. You can create a fun team name, set your team goal, and make a personal gift to inspire others... all in one place!
2. Recruit colleagues to join your team and walk virtually with you!
3. RSVP as "going" on the Heart and Stroke Walk Facebook event page.
4. On walk day (September 26), post your photos to the Facebook event page, tag the AHA Sacramento Division on social media (Facebook: @SacramentoAHA, Instagram: @ahasac, Twitter: @AHASac) and include the hashtags #SacHasHeart and #MoveMore.



## JOIN US AS WE BRING THE SACRAMENTO HEART & STROKE WALK LIVE TO YOU ON SEPTEMBER 26!

We're encouraging all participants to take a walk through your neighborhood or workspace as you support the American Heart Association. Please be sure to snap a selfie on your walk and post it to your favorite social media channels using #SacHasHeart #MoveMore

We're looking forward to crossing the finish line strong with you by virtually sharing your walk to eliminate heart disease and stroke. While we won't physically see you on September 26 we want to see and hear your passion virtually!

# VIRTUAL HEART & STROKE WALK DETAILS



Stay up to date by visiting [sacramentoheartwalk.org](http://sacramentoheartwalk.org) to learn how to walk where you are using [#SacHasHeart](#) and [#MoveMore](#)



Visit our **SOCIAL MEDIA** channels below for healthy at home tips, videos, interactive activities, and much more!



Run, walk, or find some way to be active in your neighborhood or at home and share on social media using [#SacHasHeart](#) and [#MoveMore](#)



**CRO\$\$ the finish line strong** by rallying your team to use tools in the mobile app and website, asking other to participate and donate to AHA!



On September 26 share a sweaty selfie post-walk/run. When sharing to Facebook, claim your **VIRTUAL FINISH LINE** by updating your profile picture and selecting the Heart & Stroke Walk Finish Line frame.



@SacramentoAHA



@ahasac



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## #SacHasHeart

