



American Heart Association.
Heart Walk®

HEART WALK STEP CHALLENGE

We could all use some help to move more and stay in touch. The new step challenge will get you moving while protecting the hearts you love. Start tracking your steps with the new Heart Walk activity tracker **30 days out from your event.**



Encourage movement



Relieve stress



Connect teams



Raise lifesaving funds

HOW IT WORKS

Ready

Download or update your Heart Walk app and get registered.

Set

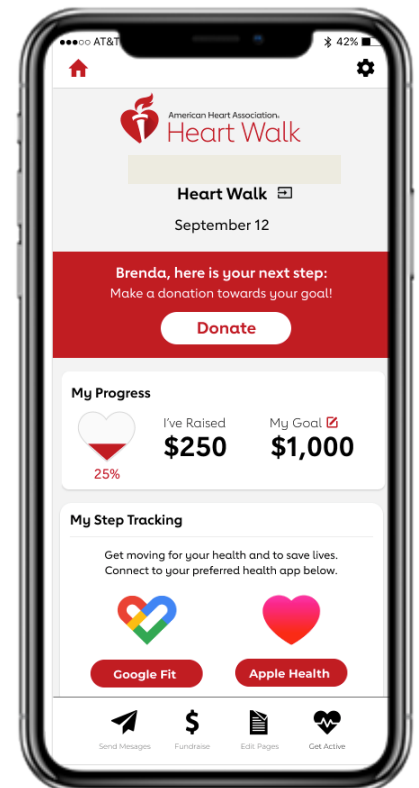
Your company has 30 days to get moving while you log your steps and fundraise for the Heart Walk.

Go

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

Celebrate

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



Raise funds
AND raise
heartbeats

Simply download the Heart Walk app and GO!

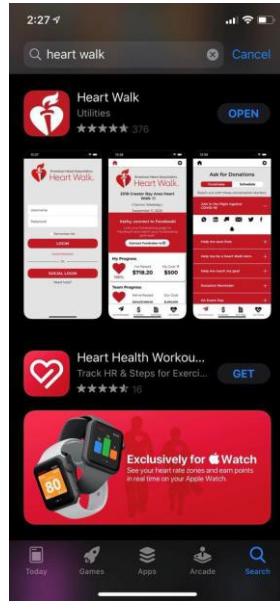


Heart Walk Activity Tracker

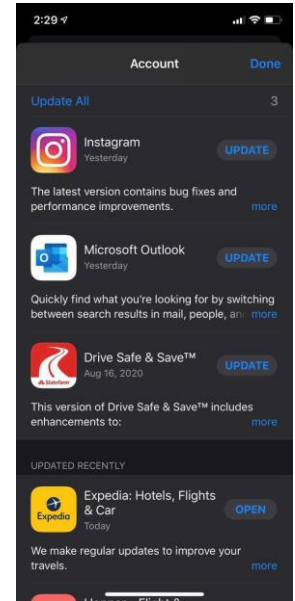
NEW! The Heart Walk app now has the ability to track your steps right from your phone during the Heart Walk Steps Challenge! **The tracker icon will show up 30 days before your event**, once you follow the instructions below and be available through the day of your Walk!

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"



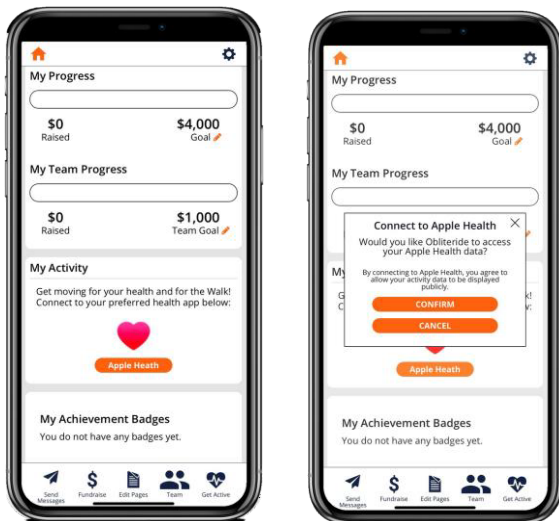
If you DO already have the Heart Walk App: Navigate to your account to update current apps and Click "Update"



Connecting Apple or Android Device with Apple Health or Google Fit

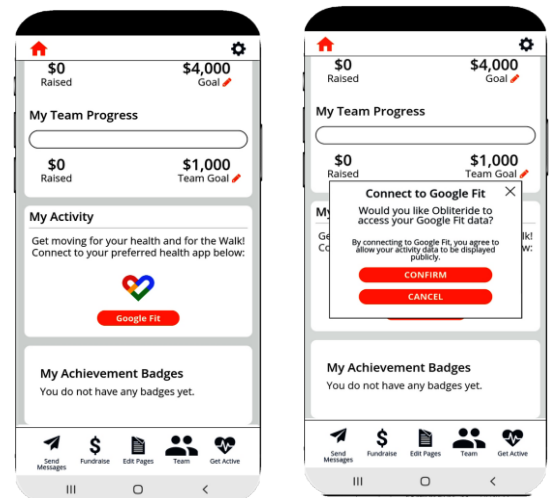
Apple

Click on Apple Health



Google

Click on Google Fit



Android users may be required to download Google Fit.

Heart Walk Activity Tracker

Authorizing Boundless Motion to retrieve your activity data in the HW App.
Navigate to Settings and turn on ALL categories

Tracking Your Activity!

You DO have an Activity Tracking Device

If your current tracking device, such as an Apple Watch or Garmin, is connected to either Apple Health or Google Fit, your historic activity data will automatically be retrieved in the HW app.

You DO NOT have an Activity Tracking Device

You can record your activity from within the HW app by clicking the green "Start" button. When you are done with your activity, you can press the red "Stop" button to save your workout. If you forget to track an activity with a device, you can manually add your activity by clicking the "plus" button next to activities.

Technical Support

If you are having any technical issues within the app or the Activity Tracker our Vendor Boundless is here to help directly through the app. Navigate to the upper right hand corner and click on the gear shift button. Scroll down and click on "Need App Support" and then you can then click on "New Support Ticket" to submit to Boundless.

Remember, **the tracker icon won't show up until 30 days prior to your event date**, even when the app is already downloaded!

