**American Heart Association®**
**Heart Walk®**

# STARK MOVE MORE CHALLENGE
# AUGUST 19, 2021 – SEPTEMBER 18, 2021

Challenge your friends and family to intentional exercise
30 minutes per day, 5 days per week!

**Encourage movement**     **Relieve stress**     **Connect teams**     **Raise lifesaving funds**

# HOW IT WORKS

**Ready!**
Register for Stark Heart Walk:
http://www.heart.org/starkheartwalk

Download the free Heart Walk app on your Smartphone app store
Use the same login for the app and the website!

**Set!**
Connect your activity tracking device to the Heart Walk app or begin manually logging (see back for instructions)

**Go!**
You have 30 days to log your minutes. Any activity you track, counts! You can walk, dance or even vacuum to stay moving.

**Celebrate**
Keep an eye on the leaderboard. Top movers and fundraisers will be recognized on Heart Walk day!
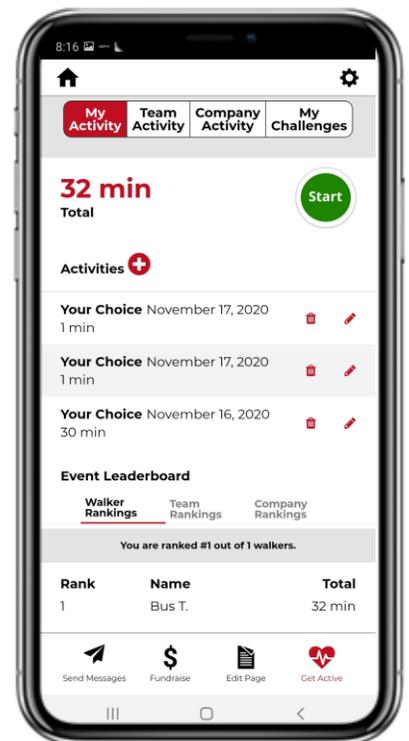
## Raise funds AND raise heartbeats

### Simply download the Heart Walk app and GO!

**GET IT ON Google Play**     **Available on the App Store**

# Set-up the Heart Walk Activity Tracker

The Heart Walk app can track your minutes right from your phone during the Stark Walk Move More Challenge!

Please follow the instructions below to begin reporting your movement!

 Get Active

==Don't forget!  The Get Active icon in the Heart Walk app **will not** be available until August 19, 2021 or after!==

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### I **DO** have an Activity Tracking Device:
### Your activity is tracked automatically!

If you have a tracking device (Apple Watch, Garmin, etc.) your activity data will automatically tracked in the HW app.  All activity from 8/19/21 on will be stored.  You will need to allow the Heart Walk app to connect to **Apple Health**, **Google Fit** or **Strava** to track your active minutes.

1. In the Heart Walk app, scroll down to My Activity Tracking.

2. Choose to connect to Apple Health, Google Fit or Strava.

3. Click "Turn all Categories On"

4. Click "Allow"

### I **DO NOT** have an Activity Tracking Device:
### Record your activity in the Heart Walk app!

1. When you are ready to begin your activity, CLICK the Get Active tab in the Heart Walk App.

2. Click the "Start" button and start moving!

3. When you are done with your activity, you can press the "Stop" button to save your workout.

*If you forget to track an activity:* Click the Get Active tab.  Next, Click next to Activities.  Here you can manually add the date and duration of your activity!  Click Add to log.

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==Don't have the Get Active icon?  Check your app store and update the HW app after 8/19/21.==

## Technical Support

If you are experiencing technical issues within the app or Activity Tracker, please reach out to our vendor Boundless in the app.

In the Get Active tab, click the settings icon

Scroll down and click "Need app support" and then click "New Support Ticket" to submit your request to Boundless.