



HEART



HOME

B I N G O

During this time of social distancing, play bingo with the American Heart Association to launch our 2020 Heart Walk campaign and keep up your healthy habits at home!

PLUG YOUR PHONE IN AWAY FROM YOUR BED AT NIGHT	PERSONALIZE YOUR HEART WALK PAGE	GET 7-9 HOURS OF SLEEP	WORK OUT AT HOME	IF SAFE, GO OUTSIDE AND GET FRESH AIR
SNACK ON A FRUIT OR VEGGIE	CHECK IN WITH LOVED ONES	DRINK WATER AT EVERY MEAL	SHARE YOUR FUNDRAISING PAGE ON FACEBOOK	TAKE A 10 MINUTE BREAK TO PLAY WITH YOUR PET
WASH YOUR HANDS WITH SOAP FOR 20 SECONDS	PRACTICE SOCIAL DISTANCING	REGISTER FOR THE HEART WALK	REPLACE SUGARY DRINKS WITH WATER	MAKE A DONATION ON YOUR HEART WALK PAGE
COOK A HEALTHY MEAL AT HOME	SET YOUR FUNDRAISING GOAL	TEXT YOUR FRIENDS AND FAMILY A LINK TO YOUR PAGE	TAKE A 15 MINUTE STRETCH BREAK	RECEIVE A DONATION FROM SOMEONE ELSE
RECRUIT SOMEONE TO YOUR HEART WALK TEAM	EMAIL YOUR FRIENDS OR FAMILY A LINK TO YOUR PAGE	WALK FOR 10+ MINUTES OUTSIDE	RSVP TO THE HEART WALK ON THE FACEBOOK EVENT PAGE	DOWNLOAD THE HEART WALK APP

The **first** person to complete the **whole board by April 30th** will win a Heart Walk swag bag!

The **first ten** participants to complete **TWO bingo rows, columns or diagonals by April 30th** will win a healthy living prize.

Email BostonHeartWalk@heart.org your completed board to claim your prize.

SHOW US HOW YOU BINGO!

Share photos of you completing the Heart at Home BINGO challenge on the Boston Heart Walk [Facebook Event Page](#) and use the hashtag #BostonHeartWalk