



Healthy Hearts Program

Benefiting the American Heart Association

Team Name: Friend's with Heart

Dear friend,

I'm so thrilled you're interested in the Healthy Hearts Program! I created this program to fundraise for the 2020 VIRTUAL Dallas Heart Walk. This year, I have signed up to be a Coach and lead a team and I'm looking for a few good men and women to join me and keep hearts beating across the country!

When you join my team, you are agreeing to sign up as a participant (Walker) in the 2020 VIRTUAL Dallas Heart Walk. You will be required to create a fundraising page on the American Heart Association's website as part of my Friends with Heart Team.

As you raise funds, you unlock modules in the Healthy Heart Program for yourself. You will also be provided the opportunity to share the program with your friends, family, and co-workers as they make donations to your fundraiser, at the appropriate level.

As a participant of the 2020 VIRTUAL Dallas Heart Walk you will be provided all the necessary tools needed to fundraise. As part of my team, you will have access to all the program marketing materials to share as you do it.

Here are your rewards:

- Fund Raise to \$30 – Unlock: **Chef's with Heart**
 - Taste of summer e-book
 - 9 recipes that can be used for Breakfast, lunch, dinner, or snacks.
 - 5 accompanying recipe videos
- Fund Raise to \$75 – Unlock: **Eat with Heart**
 - Virtual Grocery Shopping Tour - Educational Module
 - Pantry Makeover - Educational Module
 - Food Label Reading - Educational Module
- Fund Raise to \$150 – Unlock: **Live with Heart**
 - Mindful Eating - Educational Module
 - Exercise Within Reach - Educational Module
 - Meditation to Boost Well Being - Educational Module
 - Mindful Moments – 3-part guided meditation video series
- Fund Raise to \$250 – Unlock: **Move with Heart**
 - 4 Week virtual challenge
 - Daily Prompts with actionable activities to keep you moving all month long
 - 3-part on-demand yoga video series
 - 4-part on-demand binge break video series
 - 6-part on-demand dance workout series

With a little heart, we can save lives. Head on over to my Team Page to sign up. Click here to register: <https://bndfr.com/czwnw> or email me with questions: Priscilla@AskewNutritionandFitness.com