

# Lehigh Valley Heart Walk Campaign

Check in daily on our Facebook event page for health and wellness activities!

# September 2020

## SUNDAY FUND-ay

## More you know MONDAY

## Treasure Hunt TUESDAY

## Whatcha Cooking WEDNESDAY

## Talk to a Doc THURSDAY

## Fitness FRIDAY

## Social Media SATURDAY

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Check the Facebook event page for today's kick off video and treasure hunt and post your completion on social media using #LehighValleyHeartWalk

Daily Challenge: The Cheetah Challenge

4

Check the Facebook event page and see a heart healthy recipe or cooking demo.

Daily Challenge: The Elephant Challenge

5

Check the Facebook event page to hear from a local doctor on a heart healthy topic!

Daily Challenge: The Water Challenge

Sponsored by: 

6

Check the Facebook event page to see videos, tips and pointers on other ways you can be staying in shape.

Daily Challenge: The PSECU Challenge

7

Walk with a socially-distanced friend (or furry friend!) and post to social media using #LehighValleyHeartWalk

Daily Challenge: The Dog Challenge

8

Check the Facebook event page to see how the AHA mission benefits from your fundraising dollars.

Daily Challenge: The LVHN Challenge

9

Check the Facebook event page for today's heart healthy fact!

Daily Challenge: The Dancing Challenge

Sponsored by: 

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Check the Facebook event page for today's treasure hunt and post your completion on social media using #LehighValleyHeartWalk

Daily Challenge: The PPL Challenge

11

Check the Facebook event page and see a heart healthy recipe or cooking demo.

Daily Challenge: The Lion Challenge

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Check the Facebook event page to hear from a local doctor on a heart healthy topic!

Daily Challenge: The Frog Challenge

Sponsored by: 

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Check the Facebook event page to see videos, tips and pointers on other ways you can be staying in shape.

Daily Challenge: The LVBCH Challenge

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Chalk your walk! Draw your route and post on social media using #LehighValleyHeartWalk

Daily Challenge: The Mental Health Challenge

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Check the Facebook event page to see how the AHA mission benefits from your fundraising dollars.

Daily Challenge: The Python Challenge

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Check the Facebook event page for today's heart healthy fact!

Daily Challenge: The Sloth Challenge

Sponsored by: 

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Check the Facebook event page for today's treasure hunt and post your completion on social media using #LehighValleyHeartWalk

Daily Challenge: The Aircraft Challenge

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Check the Facebook event page and see a heart healthy recipe or cooking demo.

Daily Challenge: The Gorilla Challenge

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Check the Facebook event page to hear from a local doctor on a heart healthy topic!

Daily Challenge: The Turkey Challenge

Sponsored by: 

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Check the Facebook event page to see videos, tips and pointers on other ways you can be staying in shape.

Daily Challenge: The CHOP Challenge

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Take a socially distanced walk with your team and post to social media using #LehighValleyHeartWalk

Daily Challenge: The Wolves Challenge

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Check the Facebook event page to see how the AHA mission benefits from your fundraising dollars.

Daily Challenge: The AHA Challenge

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Check the Facebook event page for today's heart healthy fact!

Daily Challenge: The Cria Challenge

Sponsored by: 

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Check the Facebook event page for today's treasure hunt and post your completion on social media using #LehighValleyHeartWalk

Daily Challenge: The Air Products Challenge

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Check the Facebook event page and see a heart healthy recipe or cooking demo.

Daily Challenge: The King Crab Challenge

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Check the Facebook event page to hear from a local doctor on a heart healthy topic!

Daily Challenge:

Sponsored by: 

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Check the Facebook event page to see videos, tips and pointers on other ways you can be staying in shape.

Daily Challenge: The BSI Challenge

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Take a socially distanced walk with your family and post to social media using #LehighValleyHeartWalk

Daily Challenge: The Octopus Challenge

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Check the Facebook event page to see how the AHA mission benefits from your fundraising dollars.

Daily Challenge: The Hummingbird Challenge

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Check the Facebook event page for today's heart healthy fact!

Daily Challenge: The Cow Challenge

Sponsored by: 

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Check the Facebook event page for today's treasure hunt and post your completion on social media using #LehighValleyHeartWalk

Daily Challenge: The Good Shepherd Challenge

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Check the Facebook event page and see a heart healthy recipe or cooking demo.

Daily Challenge: The Lehigh Valley Zoo Challenge

# Daily Challenges



## Sept. 1<sup>st</sup> – The Cheetah Challenge

The cheetah is one of the fastest land animals, but its resting heartbeat is about 120 beats per minute, similar to a jogging human! Get your heart rate up to 120 today and be a cheetah at rest!

## Sept. 2<sup>nd</sup> – The Elephant Challenge

Elephants walk on average 6-12 miles a day, but distances of up to 100 miles have been recorded! Woah, that is amazing! Get in 6 miles of activity today and get an elephant's workout!



## Sept. 3<sup>rd</sup> – The Water Challenge

Water is essential to maintain the balance of our bodies! Get in 64 ounces of water today!

## Sept. 4<sup>th</sup> – The PSECU Challenge

PSECU states that on a tighter budget, you can challenge yourself to make a new creation out of the food you already have in your pantry. If you have a little money to spare, you can look up existing recipes online and add the ingredients to your next necessary grocery store trip or online order. And, if you have even more room in your budget, you can take advantage of local restaurants offering prepared do-it-yourself kits. Use this opportunity today to cook yourself a delicious meal and not break the bank!



## Sept. 5<sup>th</sup> – The Dog Challenge

A dog is commonly known as a man's best friend. Take a walk today with your best friend (furry or human)!

## Sept. 6<sup>th</sup> – The LVHN Challenge

Lehigh Valley Health Network follows the American Heart Association guidelines of 90 minutes or less for "door-to-balloon time" – the time it takes from the arrival in the emergency department until the artery has been opened by an interventional cardiologist. Walk or run for 90 minutes today and see how much distance you can cover!





### Sept. 7<sup>th</sup> – The Dancing Challenge

Dancing is a great way to exercise and burn calories while having fun. Turn on your favorite playlist and dance with your family for 30 minutes today.



### Sept. 8<sup>th</sup> – The PPL Challenge

The Allentown PPL building is 3,860 feet high! Walk 7,720 steps today and you have walked up and back down the PPL building or a little more than 3.5 miles!



### Sept. 9<sup>th</sup>- The Lion Challenge

When lions are traveling, they walk anywhere from 10-50 kilometers per day or 6.2-31 miles. Get in 6.2 miles today and travel like a lion!

### Sept. 10<sup>th</sup> – The Frog Challenge

Can you jump like a frog? Calories burned jumping rope can work out to 15 to 20 calories per minute! Today jump rope like a frog in the wild and see how many calories you can burn.



### Sept. 11<sup>th</sup> – The LVBCH Challenge

It all began in 1980, when a few forward-thinking local business leaders met to discuss the actions they could take to address rapidly rising medical costs and the impact on their businesses and their employees. Since LVBCH is celebrating their 40-year anniversary – do 40 jumping jacks to cheer them on!

### Sept. 12<sup>th</sup> – The Mental Health Challenge

Our mental health is connected to our physical health. How do you relax? Today share a picture of your favorite self-care practice!



### Sept. 13<sup>th</sup> – The Python Challenge

Pythons move forward in a straight line by stiffening their ribs, lifting a set of scales on their belly and moving them forward, so the loose ends grab the surface to push them ahead. They move slowly, only about one mile an hour. Go on an hour long walk today and see how much you can beat a python by!

### Sept. 14<sup>th</sup> – The Sloth Challenge

Sloths sleep an average of 10 hours a day. Go to bed early tonight and sleep like a sloth!





### Sept. 15<sup>th</sup> – The Airplane Challenge

Commercial aircrafts typically fly between 31,000 and 38,000 feet — about 5.9 to 7.2 miles when they leave the LVI Airport and take you around the world. Try to get in 6.5 miles of activity in the next 24 hours to reach new heights!

### Sept. 16<sup>th</sup> – The Gorilla Challenge

Did you know gorillas are herbivores and eat about 140 different species of plants? Eat a fruit or vegetable with each meal today and post a picture of your meals on social media!



### Sept. 17<sup>th</sup>- The Turkey Challenge

The average Thanksgiving Turkey weighs 15 pounds. Find yourself 15-pound weights to do your workout with today. Don't have dumbbells- improvise!

### Sept. 18<sup>th</sup> – The CHOP Challenge

CHOP's Youth Heart Watch team helps implement a public access defibrillation (PAD) program in schools. They help you get your AEDs mounted, create emergency response plan, and make sure your staff is trained in CPR and AED use. Take a pic today of your school or a school nearby and research to see if they have an AED machine on site.



### Sept. 19<sup>th</sup> – The Wolves Challenge

Wolves live and hunt in a group called a pack. A pack can range from two wolves to as many as 20 wolves depending on such factors as habitat and food supply. Take a socially-distanced walk with your wolf pack and post a picture!

### Sept. 20<sup>th</sup> – The AHA Challenge

The Lehigh Valley American Heart Association office is located at 968 Postal Road in Suite 110 Allentown, PA 18109. Ensure that your step count today includes all the numbers of our address in SOME variation. Example 18,109 steps



### Sept. 21<sup>st</sup> – The Cria Challenge

A baby llama is called a Cria. Crias stand, walk, and eat within the first hour of their life. Do something within the first hour of your day today!

### Sept. 22<sup>nd</sup> – The Air Products Challenge

Air Products sells gases and chemicals for industrial uses. Gas molecules can move at a rate of 300-400 meters per minute, or almost a quarter mile a minute! Track how quickly you can do a quarter mile walk today.





### Sept. 23<sup>rd</sup> – The King Crab Challenge

Did you know that King Crabs cannot swim??? However they walk over a mile and a half every day on the ocean floor! Walk a mile and a half today on whatever “unique” floor you can find!



### Sept. 24<sup>th</sup> – The Kangaroo Challenge

Did you know that a Kangaroo is not capable of walking backwards? In their honor, do a portion of your walk today BACKWARDS!



### Sept. 25<sup>th</sup>- The BSI Challenge

BSI Corporate Benefits is a huge supporter of our community, including many organizations like the American Heart Association. From BSI’s Corporate Headquarters in Bethlehem on Market Street to the Steel Stacks is a 1.65-mile walk. Double back to BSI and you’ve walked a 5k today.

### Sept. 26<sup>th</sup> – The Octopus Challenge

Did you know that an Octopus has three hearts? Do three reps of each exercise you plan on doing today to get the blood flowing in “ALL” three hearts!



### Sept. 27<sup>th</sup> – The Hummingbird Challenge

A hummingbird’s heart can soar up to 1000 beats per minute. Hummingbirds can also flap their wings about 15 times per second and the human eye will only be able to see a blur. Do something today involving speed and see who can keep up!

### Sept. 28<sup>th</sup> – The Cow Challenge

A single cow used for her milk on an industrial feed lot can consume up to 100 gallons of water a day during hot summer months. Today be aware of your water intake! Try to drink half your body weight in OUNCES (not gallons!) of water



### Sept. 29<sup>th</sup> – The Good Shepherd Challenge

Good Shepherd has more than 70 locations in Pennsylvania and New Jersey. Get in 70 minutes of activity today in their honor!

### Sept. 30<sup>th</sup> – The Zoo Challenge

The Lehigh Valley ZOO Is located on 1100 acres within the Trexler Nature Preserve. Up your step count to 11000 steps today in honor of where Heart Walk was originally scheduled to take place.

