



American Heart Association.
Heart Walk®

2023 MIAMI-DADE HEART WALK

December 2, 2023 8:00am-10:00am

Regatta Park | 3500 Pan American Drive | Miami, FL 33133

CREATING AN ACTIVE EMPLOYEE CULTURE

The American Heart Association launched an ambitious movement to build a culture of health and well-being throughout the country. We're putting our plan into action where most Americans spend a lot of time- happier and more engaged workforce.

Benefits to your company



HEART DISEASE IS COSTLY

The health of the American workforce lags behind other peer nations. Heart disease tops the list of deadly diseases, and America spends more on healthcare than any other nation. The impact of heart disease can be cut in half through better lifestyle choices.



WE SIT TOO MUCH

The average worker spends 9-10 hours a day sitting. Sitting for extended periods of time increases risk for a host of chronic conditions including cardiovascular diseases and diabetes.



WALKING MAKES A DIFFERENCE

We all want to be healthy and productive. Thankfully, the simplest way to get moving is walking and it makes a difference in your health and well-being



EXPAND YOUR CULTURE OF WELLNESS

The American Heart Association will help you make the most of your workplace health program, with a science based model.



CREATE NEW LEADERSHIP OPPORTUNITIES

The Miami-Dade Heart Walk provides opportunity for employees to serve in a leadership role.



INCREASE EMPLOYEE ENGAGEMENT

The Miami-Dade Heart Walk creates a fun and dynamic environment through year round activities.

MIAMI-DADE HEART WALK



- ♥ More than 60 participating companies and 3000 attendees
- ♥ 3 mile walk route with a survivor lane
- ♥ Free for families, friends, and pets

HOW TO GET INVOLVED

Work together with your American Heart Association partner to get started with fun and engaging ideas.

HEART WALK TEAM

Join the growing list of more than 30 South Florida companies that support the American Heart Association with fundraising teams. Rally your employees together around a life-saving cause, foster wellness, encourage teamwork and development leadership skill among your staff.

SPONSORSHIP OPPORTUNITIES

Your company will be directly connected to one of America's greatest brands. Our sponsorships give you the chance to partner on a year-round basis, while positioning yourself as a leader in community wellness. Sponsorship opportunities can be customized to best fit your organization's needs, interests and culture.

EXECUTIVES WITH HEART CHALLENGE

The City-Wide Executives with Heart Challenge is a campaign championed by Miami-Dade Executives who are committing to give or raising a minimum of \$5,000 in support of the Miami-Dade Heart Walk. The money raised will fund science, research, education and advocacy initiatives to fight the number one killer of all Americans - heart disease and stroke, right here in South Florida.

 AmericanHeartFlorida

 AmericanHeartFL

 AmericanHeartFL



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REGISTER TO WALK OR DONATE



SouthFlorida@heart.org