



corazón.org

Move With Your Heart Challenge

MOVE - GIVE - MAKE A DIFFERENCE

**VIRTUAL
CHALLENGE**

OCTOBER 1-31 2020

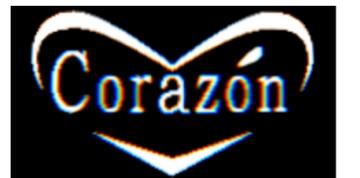
Virtual Challenge Guide

How to Get Moving and Make a Difference

- Why join the Corazón Virtual Challenge?
- How to Sign-up for the Virtual Challenge
- Getting Started on Strava in 4 Easy Steps
- Tracking Your Activity
- Now Get Moving and Make a Difference
- FAQs



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Why join the **Corazón** Virtual Challenge?

2020 HAS BEEN TOUGH...

This global pandemic has hit us hard, but we shouldn't forget about those with less resources than us in Mexico.

GET MOVING! START GIVING!

October 2020 is when we get up, get giving, and get back to the new normal. We help others and we help ourselves by moving for 30 minutes or more a day.



This is why



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What is the MYH Challenge? What is the purpose?

The Move with Your Heart Challenge (MYH) is a month long exercise campaign designed to raise funds for our Corazon families in Mexico -- encouraging our organization's supporters, and their friends and family, to engage in healthy activities for the wellbeing of the people living in our communities.



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How do I stay active while social distancing?

Walk. Run. Dance. Play.
What's your move?

Everyone needs physical
activity to stay healthy.

Lots of things count.
And it all adds up.

What's your move?



Find tools and resources
for adults and kids
health.gov/MoveYourWay

How to Sign-Up for the Virtual Challenge:

1. Visit corazon.org and go to [Move With Heart Challenge Registration page.](#)
2. Pay entry and register
3. Don't want to sign up? No problem - [donate](#) [or sponsor a friend!](#)



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Next Step:
Download Strava App
on your phone or
computer -
[strava.com](https://www.strava.com)



30 Days of Movement

AFTER REGISTERING
ON **CORAZÓN.ORG**

YOU WILL BE

REDIRECTED TO

STRAVA

IOS:

[HTTPS://APPS.APPLE.COM/US/APP/STRAVA-RUN-RIDE-SWIM/ID426826309](https://apps.apple.com/us/app/strava-run-ride-swim/id426826309)

ANDROID:

[HTTPS://PLAY.GOOGLE.COM/STORE/APPS/DETAILS?ID=COM.STRAVA](https://play.google.com/store/apps/details?id=com.strava)

Get ready to be part of a
virtual community!

What is Strava?

It is a movement tracking app that
connects millions of people through the
sports they love



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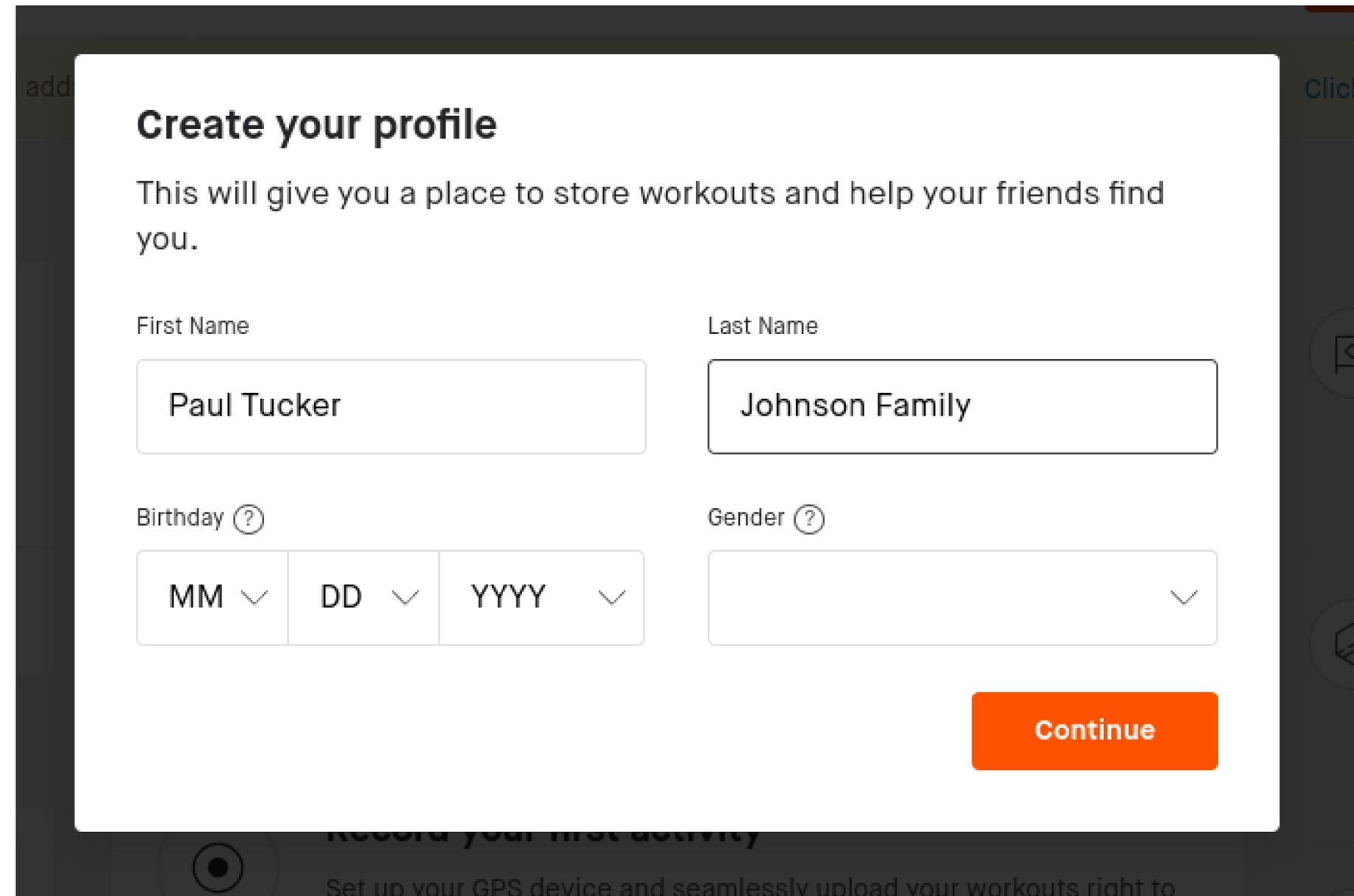


Step 1: Register on **STRAVA**

Register for Strava by completing your profile.

If you would like to run under a team name type your full name under "first name" and "team name" under "last name"

Don't want to share your full name online? - pick a nickname or alias!



The screenshot shows the 'Create your profile' registration form on the Strava website. The form includes the following fields and options:

- Title:** Create your profile
- Introductory text:** This will give you a place to store workouts and help your friends find you.
- First Name:** Text input field containing 'Paul Tucker'.
- Last Name:** Text input field containing 'Johnson Family'.
- Birthday:** Three dropdown menus for month (MM), day (DD), and year (YYYY).
- Gender:** A dropdown menu with a question mark icon.
- Continue Button:** An orange button labeled 'Continue'.

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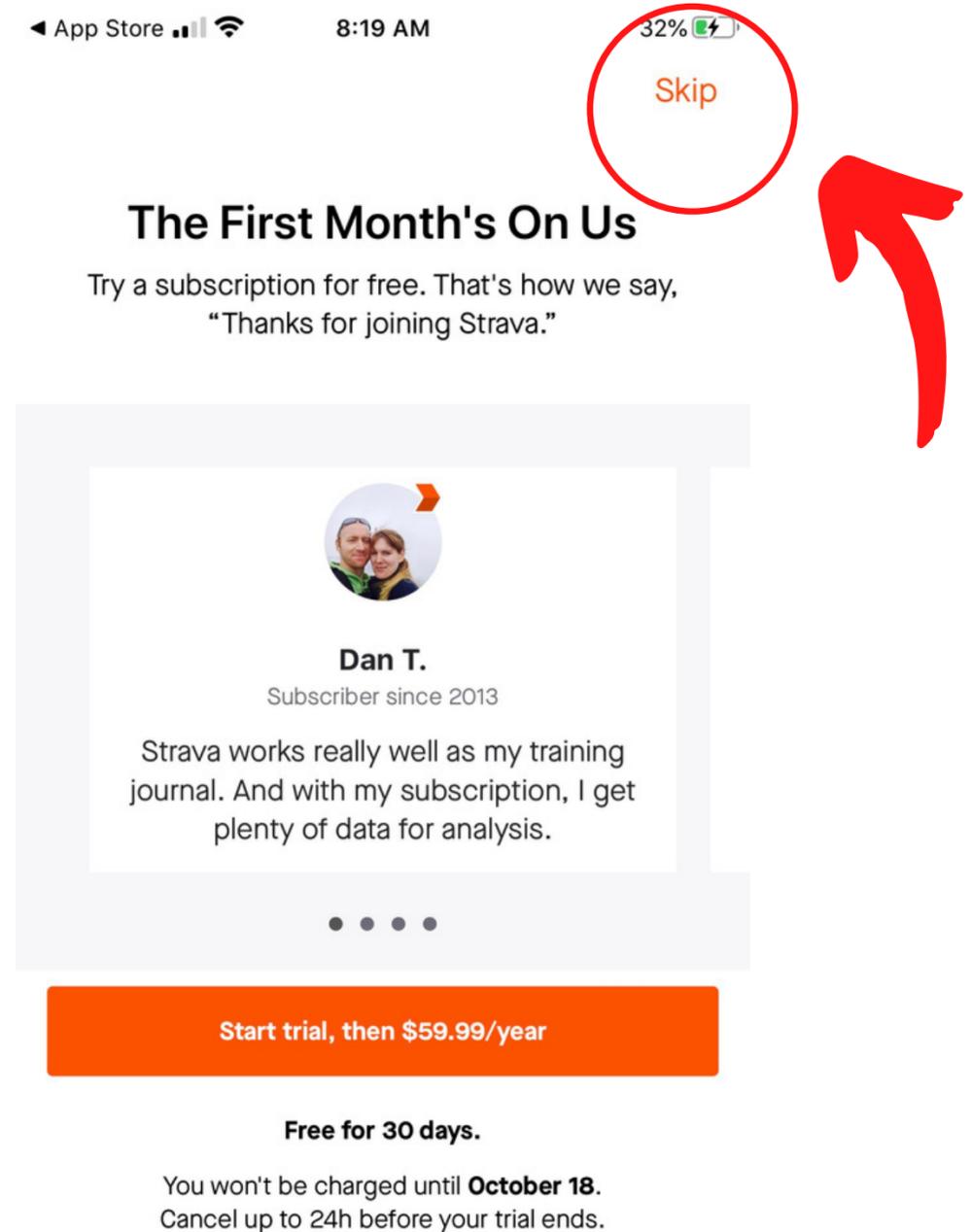


Step 1: (cont.)



A notification asking you to subscribe will appear once you sign up -- this is not needed.

Please select "Skip" as shown here.



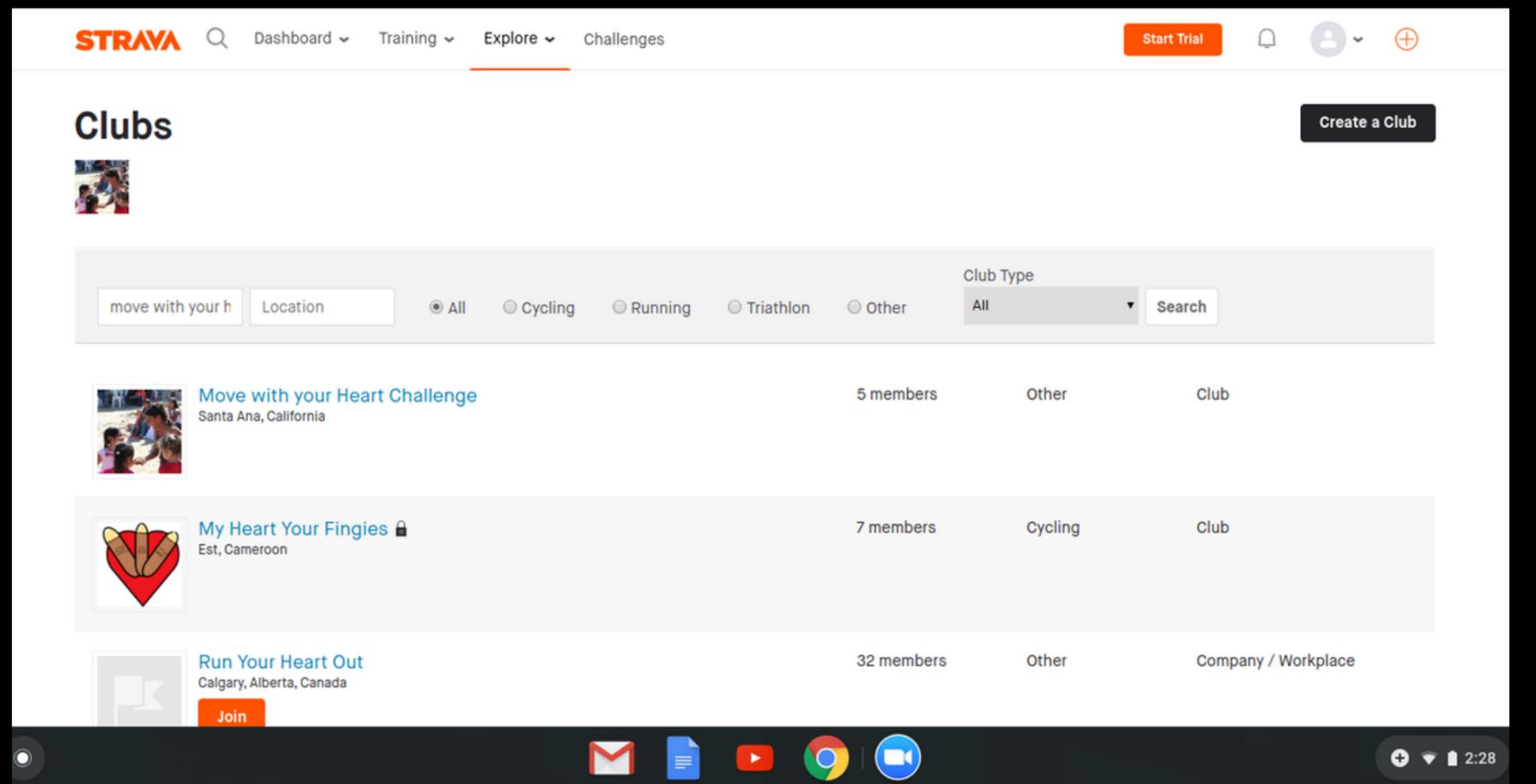
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Step 2: Join the Club

Once you are in Strava. Go to "Search" and under "clubs" type in "Move with your Heart Challenge"

After you join the club, you will be eligible to be a **Corazón Leader** on the leaderboard



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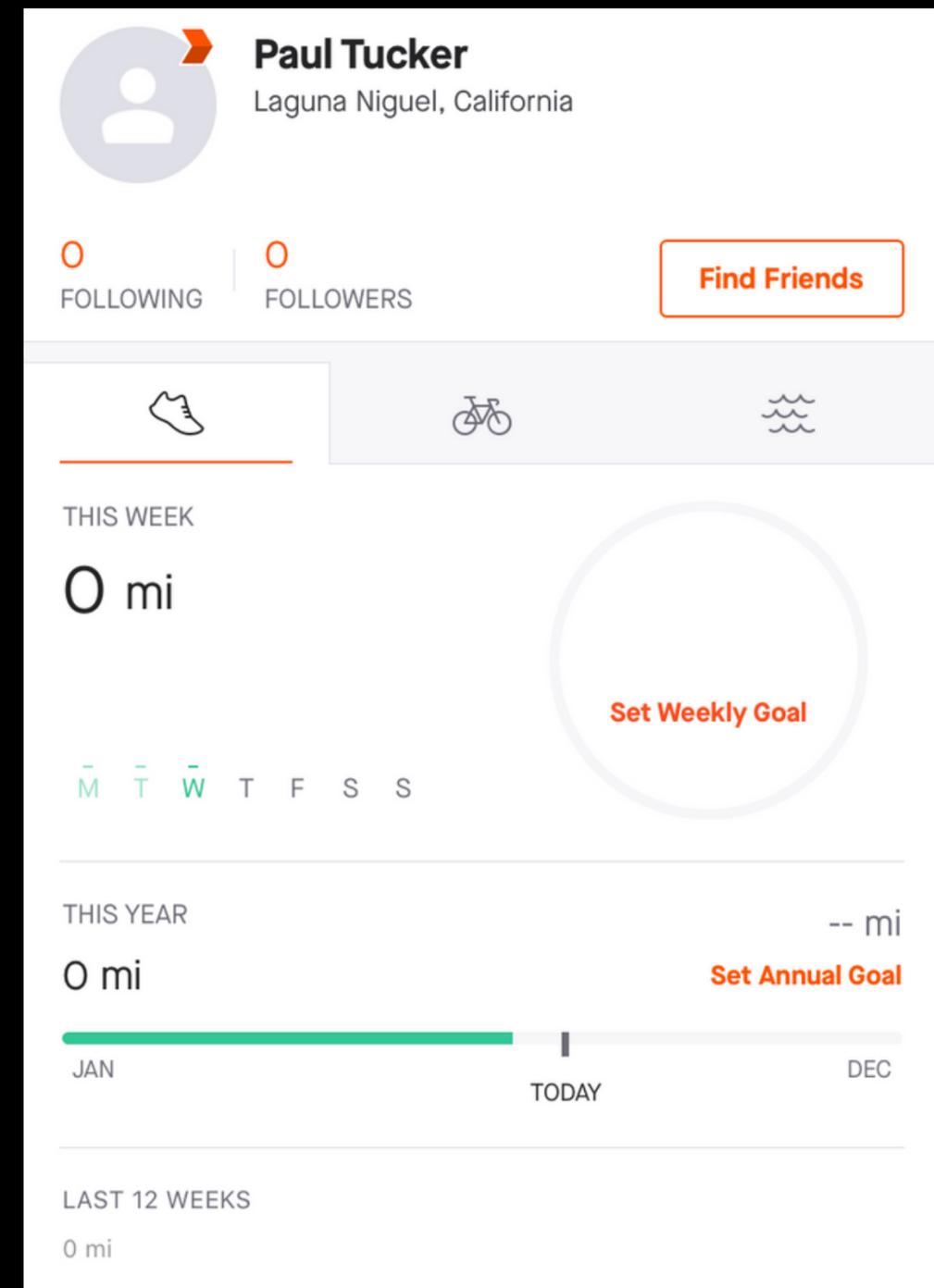


Alright you're all set up, now let's get moving!

The Challenge will go live on September 1st!

When you're ready to get moving open the Strava App on your phone.

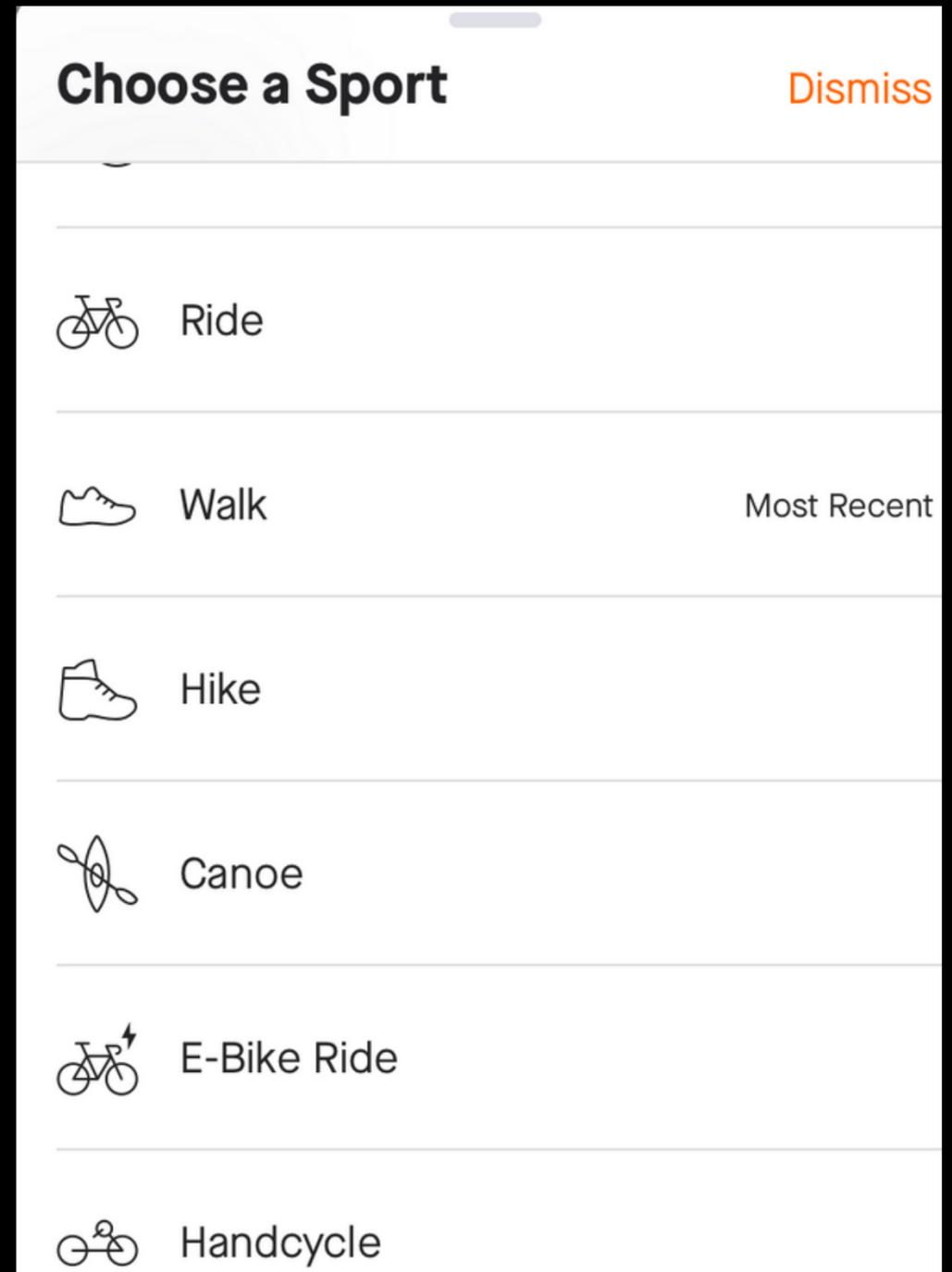
Press record to start tracking your movement



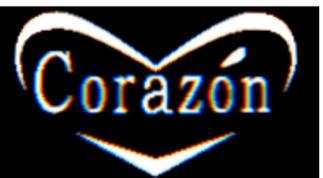
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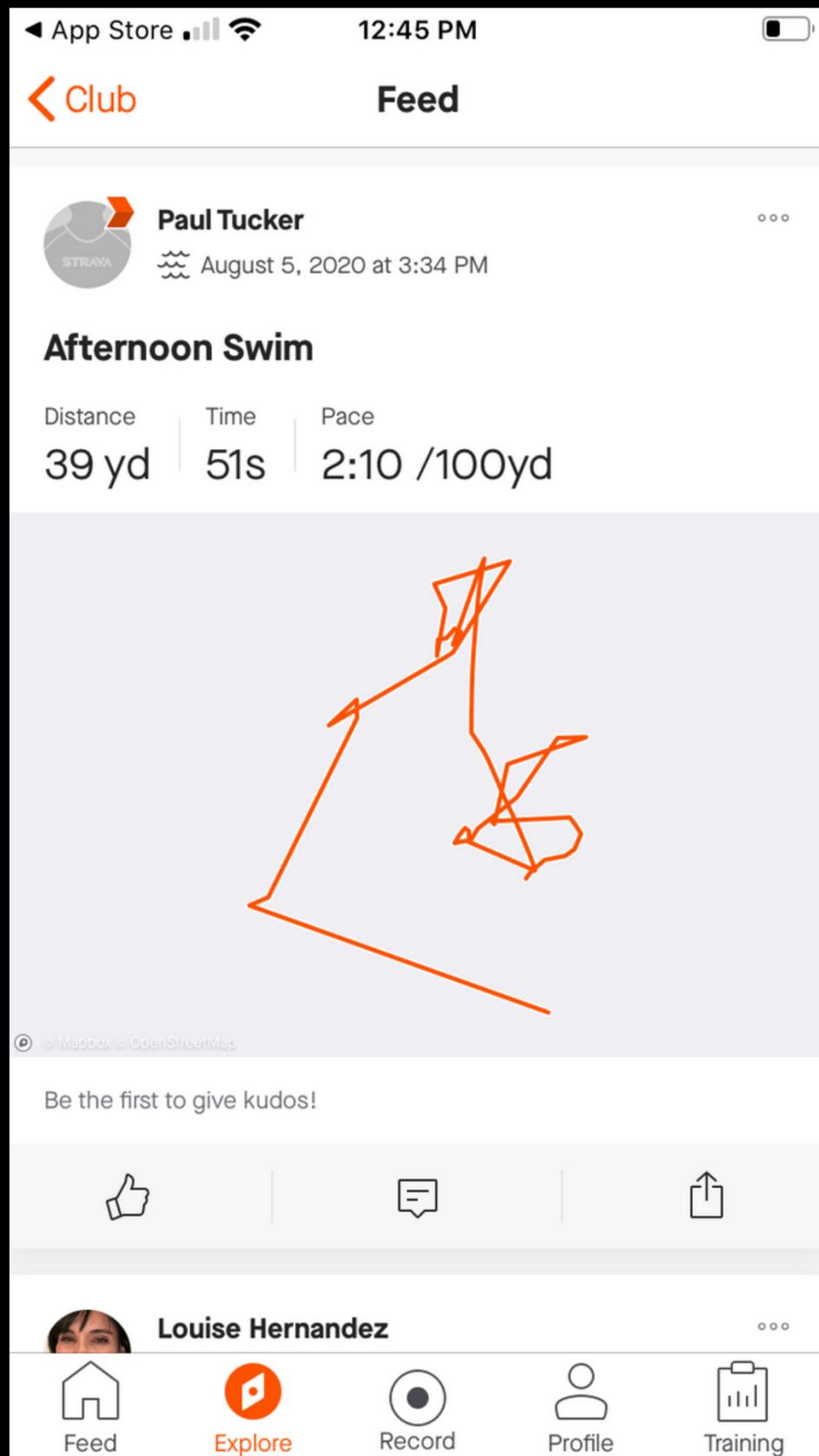


Step 3:
Choose your
movement type!



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Step 4: Track and Share!

Whenever you are finished moving press "stop" and you will be able to add comments or a picture from your activity. Press "save" and all your info will be uploaded into the group scoreboard.

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Progress Reports
Weekly Progress reports
will be sent with details
on the individual and
group progress.

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Saturday Community Virtual Events

JOIN US EVERY SATURDAY AND RUN, WALK, MOVE TOGETHER - VIRTUALLY

We will meet up on a ZOOM call at 12 noon PST to get inspired and get connected with the Corazón Move With Your Heart Community.

FEEL THE LOVE COME TOGETHER

Zoom Links will be sent out on Thursday

CAN'T MAKE IT! ZOOM WITH YOUR GROUP

Stay connected, and keep each other accountable throughout.

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Every. Move. Counts!

Help Corazon Communities in Tijuana and Tecate



Is there any cost to enter?

The registration fee is 35\$ but in return you will receive a Corazón t-shirt to wear when you're staying active, a Corazon goodie bag, and a chance to win prizes ,You can sign up at corazon.org

Is this a competition?

Yes! Everybody loves a little competition ? We will have winners for different categories - most active, most sponsors, most consistent and present results at the end of the month.

How often do I move?

The goal is to move all 30 days! Whether you walk, run, play a sport or just mow your lawn. Keep track of your progress with the **STRAVA** app, and climb up our leaderboard!

Questions? Contact

Paul Tucker
paulmtucker@corazon.org
 (949)-981-6160

What if I don't want to participate?

If you can't participate with us, we strongly encourage for you to go to our site corazon.org and sponsor an individual, so everytime they get moving, you can give back to our communities in Mexico

What if I don't like to exercise?

There are so many ways to stay active this month. If you're not a big fan of conventional workouts, maybe try a new sport, go swimming, or just add some activity to everyday things, like substituting the elevator for the stairs.

Is there anything else I can do?

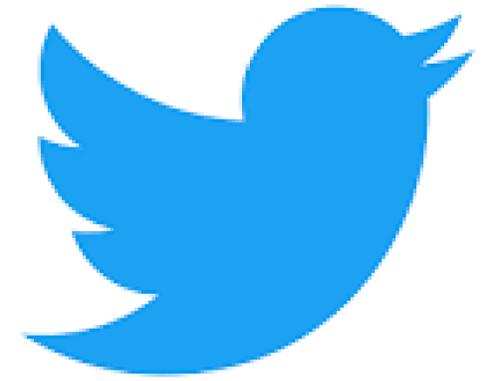
Take pictures of yourself moving during the month of September so we can share it with our online community!

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Follow us on
Social Media -
and watch the
Virtual
Challenge
Progress!

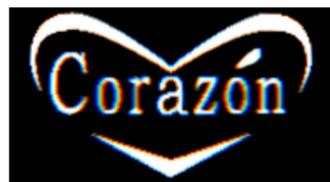
**TWITTER:
@CORAZONERS**



**FACEBOOK:
CORAZÓN, INC.**



**INSTAGRAM:
CORAZÓNCOMMUNITY**



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