

- **Meet up.** Promote and Walking Club. Post updates Club comrades and keep them in the know using these easy strategies.

#### HOW TO SET UP YOUR WALKING CLUB MEETUP

1. Go to <http://www.meetup.com/American-Heart-Association-Walking-Clubs/>.
2. Click on "Start a new community" and enter the name of your location.
3. Sign in using your Facebook account or by joining Meetup.
4. On the Welcome page, click on "Suggest a date." Enter and save the date and time for the walk.
5. On this same page, click on "Suggest the place." Enter and save the walk's location.
6. Add and save details about the walk and your Walking Club by moving the cursor over "More details," which you'll find just below the map.
7. Click "Count me in" and your Walking Club Meetup is a go! You can also take advantage of the option to share your Walking

- Put the Walking Club on display. Showcase your Walking Club on posters and flyers. Before you pin them up or hand them out, make sure they include the slogan, the time, date and location of the kickoff walk, your contact information, and the health perks of walking. Then you'll need to go where your audience is.

- Workplace cafeteria or break room
- Parks
- Community centers
- Fitness centers
- Libraries
- Doctor's office
- Dog park or veterinarian's office
- Child care centers
- Neighborhood gatherings

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"Walking at a brisk pace can