



Got Questions? We've Got Answers!

Check out our FAQs below for the **60-Mile Challenge in May**. If you don't find your answer here, drop a comment and we'll get back to you ASAP!

Q: How does this work?

A: This is a virtual challenge supporting the American Heart Association. Cardiovascular disease is still the No. 1 killer in the U.S.

Take on **60 miles your way in May** to help raise awareness and funds that support public and professional education on cardiovascular health, prevention, and treatment.

Make this challenge your own and get involved at your own physical level of comfort. Complete your activity virtually, starting **May 1**, wherever and whenever works best for you, with a friend or solo.

Share your fundraiser with your Facebook friends and ask them to support our mission. While we encourage everyone to create a Facebook fundraiser for the challenge, you may also choose to take on the activity portion only instead of fundraising.

Q: How do I share my Facebook Fundraiser on Instagram?

A: It's easy. Just visit your fundraiser page and click **Share**. Then select **Share to your Instagram story** to get started today.

Q: When and how do I log my miles?

A: Log your miles using your preferred fitness tracking app, the Digital Challenge Tracker, or your own tracking method. Track your progress from **May 1-31**.

You can do your activity virtually with a friend or solo, and at your own pace and level of comfort.

Q: Can I do a different activity?

A: Yes. Make this challenge your own and get involved at your own level of comfort this May. Choose to move in any way that feels right for you - it all counts. Movement looks different for everyone, so here are some ideas:

- **Walk your dog** (or a friend's) - Every mile counts.
- **Playtime with pets or kids** - Running, chasing, or playing catch counts.
- **Stair challenges** - Skip the elevator and climb your way to your goal.
- **Chores with a twist** - Gardening, sweeping, or mopping with energy can all add up.
- **Rollerblade, skateboard, or scooter** - Bring out your inner kid.
- **Wheelchair rolling** - For wheelchair users, every push forward counts.

Choose the same activity each day or mix it up throughout the month. Set personal goals, be creative, and enjoy the journey.

Q: What if I started a Facebook fundraiser for the American Heart Association, but not specifically for the challenge?

A: No worries. You can end your previous fundraiser by clicking the three dots icon on your fundraiser page and selecting **End Fundraiser**, then **Delete Fundraiser**.

Tip: If you create a new fundraiser for the challenge, your efforts will be tracked and attributed directly to this event. All funds raised will support the American Heart Association!

Thank you for being part of this amazing challenge community! We can't wait to see the incredible progress you'll make while supporting the American Heart Association. Let's do this together!