June 7-8, 2019
Lenoir-Rhyne University
Hickory, North Carolina

www.acsm.org/whg2019

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Join us for the 2019 ACSM World Heart Games on June 7-8, 2019. As the premier event for those who have experienced a cardiopulmonary event or live with risk factors, the ACSM World Heart Games provides two days of safe, fun, and relational competition for those who have experienced a cardiopulmonary event or live with risk factors.

These team-based and individual events will foster relationships, promote fitness, and provide opportunities for people to be active and social. The ACSM World Heart Games promotes Fortius, Sanior (wiser, stronger, healthier) – Citius, Altius, Fortius (faster, higher, stronger) the ACSM World Heart Games motto is now Sapientior, Fortius (wiser, stronger).

Athletes get a wide variety of challenging but safe activities to compete for the ACSM World Heart Games. These provide a monitored and competitive way for the participants to be active in a way that they may or may not be physically comfortable. Don't have a team? Individuals are also welcome. All skill levels are welcomed to participate and can do so as a team or as an individual. Don't have team? Individuals are also welcome. All skill levels are welcomed to participate and can do so as a team or as an individual.

For more details and rules on specific events, and to register, go to www.acsm.org/whg2019.
Let's Get Moving – Come to the WHG!

If you have heart disease or have been told you have risk factors for heart disease, we invite you to participate—and you don’t even need to be on a team. Of course, we also want cardiac rehabilitation teams to join us and register! If you are a healthcare professional working in cardiac rehab, be a leader by putting together your own team for the World Heart Games. Other staff, interns, and participants can play a vital role in organizing—don’t forget to recruit a team captain! Monitor our webpage frequently for helpful organizing tips, updates, and registration deadlines: www.acsm.org/whg2019.

Fundraising Ideas

Please visit www.acsm.org/whg2019 for ideas to help you and your teams get to the 2019 World Heart Games. There are many different ways your team can raise money to participate in the games! Check out some of the ideas listed below!

Relay for Rehab

Consider sponsoring a World Heart Games Relay. The event is designed to raise money to send a team to the World Heart Games. The event will help promote your program and the ACSM World Heart Games.

Participants will obtain pledges from individuals and/or businesses for the number of equivalents (1 mile ~ 100 Kcalories expended) during the week of the event. Exercise will be performed in the cardiac rehab program with the total mile equivalents calculated by the staff. Monies raised will be used to sponsor a team attending the World Heart Games in 2019. For additional information on how to run this event please visit www.acsm.org/whg2019.

Additional Ideas:

• Spaghetti Supper – Have participants and other patients donate one pound of spaghetti noodles and a jar of spaghetti sauce. Contact your local grocery store to donate/discount the ground beef, Parmesan cheese, butter, and bread. Charge a flat fee for patients, family members and others in the community.
• Yard/Bake Sale – Participants and other patients that wish to help may donate items and baked goods. You may also want to do a small concession stand, i.e. hot dogs, water, soda, etc.
• Bean Soup and Cornbread Supper Comedy Show – Ask for donations for the soup and cornbread, have volunteers cook and serve the cornbread and soup. Participants can come up with different skits for the comedy show. Charge a flat fee for dinner and the show.
• Volleyball tournament – Charge a nominal amount for teams to enter. Find a location that will charge little or nothing (a local high school gym may work), have a small concession stand, purchase t-shirts and trophies.
• You may want to send out local letters to businesses and try to raise corporate sponsors for the fundraising or just to sponsor your team. This will provide good public relations for the business!

Even more ideas and helpful hints can be found on the World Heart Games website: www.acsm.org/whg2019

Scholarships Available

• International Scholarships: Three $1,000 scholarships are available to teams of at least two athletes from countries outside of the United States. Applicants will be reviewed by the WRG Committee on a first-come, first served basis. Applications will be available in early Fall 2018 on the World Heart Games website at www.acsm.org/whg2019.
• AACVPR Scholarships: Five $1,000 scholarships are available to teams of at least two athletes from programs in the United States. Applicants will be reviewed by an AACVPR committee based on criteria listed on the application. Applications will be available in early Fall 2018 on the World Heart Games website at www.acsm.org/whg2019.

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