

# SHARE YOUR WHY!

Share why you're walking at the Heart Walk. Here are some guidelines to get you started with your :15 second video.



- 1** Jot down what you want to say in your video to organize your thoughts. A few sentences should do it.
- 2** Find a well lit space. Be sure to have the light in front of you, not behind you. Hold your camera the long way, or on the widest setting (landscape).
- 3** Hit record! Make sure to speak clearly and look directly into the camera. Most importantly, keep the camera still!
- 4** You're all done! Save the video and send it our way.

**You can share your video with us in two ways:**

1. Email it to us at [Kyleigh.Wegener@heart.org](mailto:Kyleigh.Wegener@heart.org)

**OR**

2. Post to your Facebook or Twitter account. Be sure to mention [@AHA\\_SEMI](#) and use [#DetroitHeartWalk](#)