

The ACSM World Heart Games

Reclaiming the Joy of Sports



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

www.acsm.org/whg2019

World Heart Games



**AMERICAN COLLEGE
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AACVPR

American Association of Cardiovascular
and Pulmonary Rehabilitation

Promoting Health & Preventing Disease

The ACSM World Heart Games

Reclaiming the Joy of Sports



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.



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Hickory, North Carolina



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!





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 WHG 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.

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 K/calories 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

About the ACSM World Heart Games

In 1990, the Georgia Association of Cardiopulmonary Rehabilitation began sponsoring the Heart of Gold Games. Cardiac rehabilitation programs from around the state sent teams to compete in several events. This concept led to the creation of the AACVPR International Heart & Lung Games of 2003 and 2006. In 2010 the Games evolved into the ACSM World Heart Games. Teams throughout the U.S. participated in 2010. The games were held next in Atlanta in 2013 and in Charlotte in 2016 with growing participation and involvement. In keeping with the Olympic motto – Citius, Altius, Fortius (faster, higher, stronger) the ACSM World Heart Games motto is now Sapientior, Fortius, Sanior (wiser, stronger, healthier)!



AMERICAN COLLEGE
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LEADING THE WAY

ACSM is the largest sports medicine and exercise science organization in the world. With more than 50,000 members and certified professionals worldwide, ACSM is dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

Exercise is Medicine®

Exercise is Medicine® is a multidisciplinary, multi-organizational initiative that strives to make physical activity an integral part of healthcare and disease prevention around the globe. Over the last several years, the EIM initiative has grown from an idea to a global initiative—with regional centers and national task forces in more than 25 countries spanning six continents.



The American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) is a multidisciplinary professional association comprised of health professionals who serve in the field of cardiac and pulmonary rehabilitation.

Members include cardiovascular and pulmonary physicians, nurses, exercise physiologists, physical therapists, behavioral scientists, respiratory therapists, dieticians and nutritionists.

They are committed to the continued professional development of the members through networking and educational opportunities.

Olympic-Style Competition for Those with Cardiovascular Disease or with Risk Factors

Join us for the 2019 ACSM World Heart Games on the beautiful campus of Lenoir-Rhyne University in Hickory, North Carolina on June 7-8, 2019. As an olympic-style event, 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 a competitive spirit and a healthy lifestyle. All skill levels are welcomed to participate and can do so as a team or as an individual. Don't have team? Individuals can get paired for team-based events after registering. 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 are physically comfortable.

Individual Events:

- Basketball
- Bowling
- Disc Golf
- Game of Knowledge
- Golf Putting
- Pickleball (Individual)
- Prediction Walk, Jog, Airdyne Bike, Nustep, Row, and Swim*
- Soccer Shoot (Men & Women)
- Softball Throw (Men & Women)
- Table Tennis

Team-Based Events:

- Bean Bag Toss/Cornhole
- Golf (4-man scramble)
- Pickleball (Doubles)
- Tennis (Doubles)
- Volleyball

**Each are separate events. Participants will predict how long it will take them to complete the athletic task and then their actual time will be compared to their predicted time. The objective is to get as close to the predicted time as possible.*

For more details and rules on specific events, and to register, go to www.acsm.org/whg2019



About Lenoir-Rhyne University

Lenoir–Rhyne University is a co-educational, private liberal arts university founded in 1891 and located in Hickory, North Carolina, USA. The university is affiliated with the North Carolina Synod of the Evangelical Lutheran Church in America (ELCA).

Hickory is beautifully located in the foothills of the Blue Ridge Mountains in North Carolina. June is a great time of year to walk the city and enjoy the seasonal bloom of Spring. The Hickory Metro region has several beautiful parks and recreational facilities, check out Bakers Mountain Park or The Ivey Arboretum in Carolina Park. The following activities are also located in Hickory.

- Hickory Crawdad Baseball
- Catawba Science Center
- Hickory Aviation Museum

Registration and hotel information will be available early Fall 2018 at www.acsm.org/whg2019.

2019 World Heart Games Committee

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