

2023 Fall National Heart Walk Playlist Transcript

Opening Announcement

Welcome to the Heart Walk. We are so excited to move more with you today in celebration of healthy habits while making an impact in your community and saving lives. We are excited to be back together this year as moving more is critical to mental and physical health. The funds raised through Heart Walk help to fund research, teach CPR and promote better health within our communities. We want to thank you for joining us! Now, let's get some tunes going as we walk together! On your heart. Get set. Go!

Music plays

Music Break Announcement 1

Being healthy can be bright, happy, tasty, and fun! All it takes are a few little changes that can add up to make a big difference, like a little more color to your diet or a few extra Zzzs each night. Join the movement at heart.org/healthyforgood and we'll help you get and stay healthy for good.

Music Plays

Music Break Announcement 2

Thank you to our top walkers for their commitment to heart and stroke patients everywhere. Your personal impact is far reaching, and we could not be successful in our mission without you. From the bottom of our hearts. Thank you!

Music Plays

Music Break Announcement 3

We appreciate your efforts to help us fund lifesaving science to keep hearts beating! Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center in your Heart Walk Headquarters— points you can redeem for Heart Walk Hero Gear to include this year's exclusive t-shirts. It's our way of saying thank you and it's a great way to show your support for heart and brain health!

Music Plays

Music Break Announcement 4

Heart disease and stroke survivors are the heart of what we do. Our survivors are given commemorative red or white ball caps to wear proudly to show their triumph over heart disease or stroke. And to celebrate our child Heart Heroes we offer special superhero capes for young survivors. You are our mission in action and the reason why we are all walking today.

Music Plays

Music Break Announcement 5

We do so much with our hands every day, but the most important thing may be saving someone's life. Join the American Heart Association's Nation of Lifesavers and learn how to save a life by visiting our CPR expo area today! With hands-only CPR, all it takes are 2 simple steps to be effective and efficient when saving a life. The power is in YOUR hands.

Music Plays

Music Announcement 6

Numbers can be tricky but knowing your numbers can save your life. Talk to your healthcare provider to learn about your Blood Pressure, Cholesterol, Blood Sugar and BMI. Visit our Health Screenings area at today's Heart Walk for more information! Your heart depends on it.

Music Plays

Music Announcement 7

At work or at play, pets are the best. Your pet is actually good for your health, too. Pet companions help us handle stress and boost our physical and mental health. So say thank you to your four legged friend for helping you live a healthier life.

Music Plays

Music Announcement 8

Did you know that practicing gratitude can be good for your health? It can help you sleep better, lower your blood pressure, and improve your mood and immune function. Developing a daily gratitude habit is a great step on your journey to a healthier future. Write down what you're thankful for, send a friend a gratitude text, or simply take moments out of your day to think about the good. It all leads to a healthier mind and a healthier heart.

Music Plays

Music Announcement 9

Balance is key when it comes to eating healthy. The American Heart Association recommends a healthy dietary pattern with a variety of fruits, vegetables, whole grains, lean protein and low-fat dairy products. Start making smart food choices today.

For tips, visit heart.org/eatsmart.

Music Plays

Music Announcement 10

Physical activity is one of the best ways to help your heart and mind. Remember, 150 minutes a week of moderate intensity exercise will help you think, sleep and feel better.

Visit Heart.org for more tips and exercises.

Music Plays

Closing Announcement

You have been listening to the Heart Walk On Demand playlist. Thank you for walking with us today. With every step you take and every dollar you raise, you are building a legacy that will save and improve lives. Our deepest gratitude for helping us with our mission to be a relentless force for a world of longer, healthier lives. Don't forget to move more in fun and inspiring ways each day.