

## Southern New Jersey Healthy For Good Heart Walk Activities

We hope you enjoy sharing this special day with our **Chairman, Michael Sgro**, Sr. VP, General Counsel & Secretary, American Water  
"Lit T. Gator", "Wonder Bear", Sponsors, Red Cap Survivors, and fellow walkers!

**9:00am-10:00am - Enjoy our Sponsor Activities**  
**10:00am - EVERYONE PLEASE JOIN US ON THE FIELD!**

**"Welcome & Information"** - Sponsored by BB & T  
**"Memorial/Tribute Wall"** - Sponsored by Fox Rothschild LLP

### Civic Center

(Please note: Civic Center will close at 9:55 am – we ask everyone to report to Field!)

**Donation Envelope Turn In**

**Team T-shirt Contest Entries**

**Team T-Shirt Quilt** – Please submit your t-shirt for next year's quilt!

**Healthy Nutrition** Sponsored by **Shore Medical Center & Penn Medicine Cardiology**

**You're The Cure** – AHA Advocacy Legislative Initiatives

**Refreshments**

**DJ/Music by Lite Rock 96.9**

**Walgreens** –National Sponsor

**Chair Massages** by Compass Spa & Wellness

### Basketball Court

**Team Photos** – 8:30 am – 9:50am\*(Closes) - Sponsored by **South Jersey Industries**  
**Leaders, please gather your team & report to the Basketball Court for your photo.**

**Kids Activity Zone** -Sponsored by **Borgata Heart & Soul Foundation**

**Face Painting** by Atlantic County Institute of Technology, Student LPN Program

### Practice Field

**Main Stage with Big Screen** – DJ, Michael James

**"Re-Think Your Drink"** – Sponsored by **New Jersey American Water**

**Join our Chair for some fun and healthy hydration!**

**Social Media Check- In** – Sponsored by **Cooper Levenson** - featuring "Lit T. Gator"

**"Red Ribbon and Lifestyle Change Awards"** - Sponsored by **NJM Insurance Group**  
**"Taking Steps Toward Heart Health"**

**Personalize your Red Ribbon & wear your heart on your sleeve!**

**"Memorable Moments -Selfie Station with Props"** - Sponsored by **South Jersey Industries**

**"Super Star Salute"** - Sponsored by **Atlantic City Electric:**

**A Salute to our Top Walkers & Top Companies, and Community Teams from 2016**

**"Swinging For The Heart Of It!"** - Sponsored by **Ottinger Golf Group**

**"Saluting Fit Friendly & Healthy Worksites"** - Sponsored by **Inspira Health Network**

**"Big Kid's & Fun Heart Tattoos!"** - Sponsored by **the Borgata Heart & Soul Foundation**

### (Far Side of the Practice Field)

**Heart & Stroke Survivors- please stop by & receive your honorary Red Cap.**

**Let your Heart & Spirit Soar - Wear a Red Feather!**

**Health Assessment** - Sponsored by **The Heart Institute** at **AtlantiCare Regional Medical Center**

**Go Red for Women \* Stroke Awareness**

**"F.A.S.T." Mural** -Help color the Walk & our Community with Stroke Awareness!

**FACE – ARMS- SPEECH- TIME to call 9-1-1!**

**"Take The Pledge, Be Healthy For Good"** - Sponsored by **Atlantic Cardiology**

**Take Your Selfie and color a plate healthy with your kids!**

**OFFICIAL CEREMONY/PROGRAM** (Stage on Practice Field)

**10:10am-10:30am Ceremony/Program and Official Walk Start**

**National Anthem** performed by **Ray Glanville, III**

**Warm-Up & Line Up!**

Led by: **Lynne Hyde**, **AtlantiCare Life Center**, **Lit T. Gator**, **Cooper Levenson Attorneys at Law**,  
**Jaime Santiago & Kim Allen**, **La Palma Dance Studio** & **Stacey Greene**

**Heart & Stroke Survivors please come to stage area to line up for the start of the walk.**

**All other walkers please join in after our Red Cap Survivors.**

**10:30am - Official Ribbon Cutting & Start of Heart Walk**

Led by **"The Kilted Johnsons"** Bagpipe & Drum Group & our **Red Cap Heart & Stroke Survivors**

**10:30am-12pm -Heart Walk on Boardwalk** \*(Refer to Route)

**1:00 pm - 3:00 pm: Gillian's Wonderland Pier** - 6<sup>th</sup> St & Boardwalk, (with wristband)\*



Heartfelt thanks to all our walkers, donors and volunteers who have accepted the challenge to raise funds and awareness, creating a culture of health in our communities and advancing the AHA's mission.

**Please Mark your Calendar for Next Year's Heart Walk - May 19, 2018!**

## Heartfelt Thanks to Our Sponsors

### Signature



### Red Ribbon & Lifestyle Change Awards



### Healthy Nutrition



### Take the Pledge



### Super Star



### Active Kid's Zone



### Social Media Check- In



### Memorial/Tribute Banner



### Start/Finish Line



### Team Photo & Selfie Station



### Exercise "Swinging For The Heart Of It" Celebration Sponsor



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### Media



### Kick-Off



### Salute To Fit Friendly & Healthy Worksites



### Awards



### Route

Glenn Insurance, Inc.

IGT

The Atlantic City Sewerage Company

### Friends of Heart

Atlantic County Utilities Authority

Wawa

St. Jude Medical

### In-Kind & Community Supporters

- Annette Maynard, Photographer
- ACIT- Student LPN Program
- AtlantiCare
- Atlantic City Country Club
- Beverly McPeak, Quilt Maker
- Bonnie Eakins, Photographer
- Blizz All- Stars Cheerleaders
- Compass Spa and Wellness
- Cape Regional Health System
- DJ & Super Screen- Michael James
- Herr's Foods
- Inspira Health Network
- Johanna Farms
- J & J Snacks
- New Jersey American Water
- Manco & Manco Pizza
- Ready Pac
- Ray Glanville, III –Singer
- Seashore Fruit & Produce
- Starbucks
- Tanya Gilliam, Photographer
- "The Kilted Johnson" Bagpipes & Drums
- Wakefern Food Corporation



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Heart Walk®

# HEART WALK

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## Welcome &Thank You For Heart Walking!

**SATURDAY, MAY 20, 2017**

**SPORTS & CIVIC CENTER COMPLEX**

**6TH STREET OFF THE BOARDWALK**

**OCEAN CITY, NJ**

## Life is why...Healthy For Good

**"We believe everyone deserves to live a healthier, longer life."**

**What are those people, moments, experiences you live for?**

Healthy For Good is a movement designed to rally millions of Americans to live healthier lives, inspire a lasting change and unify people around the simple idea that making a small change today can create a difference for generations to come.



**\*ROUTE:** The Boardwalk is 2.5 miles in length (1<sup>st</sup> St to 23<sup>rd</sup> St. There is mileage markers on both the lampposts and painted on the Boardwalk.

**♥1.5 Mile Route-** Approximately 15 total blocks; proceed south to 14<sup>th</sup> St and return to the Sports and Civic Center.

**♥3 Mile Route-** Approximately 30 total blocks; proceed north to end of Boardwalk at 1<sup>st</sup> St, turn around and go to the 17<sup>th</sup> St Water stop, turn around and finish at the Sports and Civic Center.

**♥5 Mile Route-** Approximately 46 total blocks; it is two lengths of the Boardwalk. Go south to the end of the Boardwalk (23<sup>rd</sup> St), turn around and walk to the other end (St. Charles Place), finish back at the Sports and Civic Center.

**Hydration Station/Water Stop** at 17<sup>th</sup> and the Boardwalk are sponsored by **New Jersey American Water**.

**NOTE:** Bicyclists are permitted on the Boardwalk until 12:00 noon. Please be aware of bicyclists and walk in designated areas for pedestrians until 12:00 noon.

