

2021 BAY AREA DIGITAL HEART WALK EXPERIENCE

9.24.2021 | #HEARTWALKBAYAREA | [VIEW EVENT WEBSITE!](#)

Lace up and get ready for this year's Digital Heart Walk Experience! You'll be able to choose how and when you walk, dance, or even stretch your way through the day! Just like last year we're offering a jam-packed agenda under the Heart Walk Way tab- a full menu of activities that you can join to personalize your Bay Area Heart Walk experience.

Looking to get outside with a furry friend? Check out Bay Area Adventures to discover pet-friendly hiking trails near you! Or if a day-in with pizza sounds more like it, check out Can't Believe it's Veggie- Pizza! for a delicious and healthy pizza recipe.

What's next? Take a look at the schedule below to begin planning your personalized Heart Walk experience.

Don't miss the official event kick-off at 11:30 am PST, starting with an engaging and moving LIVE Opening Ceremony. Then at 12:00 pm* PST, and continuing throughout the day, you'll be able to select from a variety of experiences to keep you moving and grooving - from Boxing to Bollywood Dance to Restorative Yoga. No matter where you're joining us from, you'll be able to join in on the fun.

**Those who reach Top Walker level (those who raise \$1000+) will be invited to join a VIP Live Cooking Demo from 12:00 pm PST to 1:00 pm PST*

Are you ready? Let's get heart walking!

11:30 am PST - 12:00 pm PST

Tune into the LIVE Opening Ceremony

- Featuring Ted Williams, KZST Radio Host
- Hear from Brown & Toland's 2021 Heart Walk Chair
- Learn how your support is making an impact in Bay Area communities
- Live DJ, Miles Medina

12:00 pm PST - 1:00 pm PST

VIP LIVE Cooking Demo *TOP WALKERS ONLY*

12:00 pm PST - 6:00 pm PST

Let the fun begin!

- Visit one or all of our digital experiences in the Heart Walk Way tab
- Get your heart pumping with an on-demand fitness class of your choice.
Take one class or take them all!
 - Boxing, Barre at Home, Burn 30, Restorative Yoga, Deep Stretch, Bollywood Dance, Afro-Caribbean Dance
- Head outside and go for a walk, run or bike ride
 - We'll have a special playlist just for you!
 - Post a Healthy Selfie and tag #HeartWalkBayArea

All fitness sessions and digital Heart Walk experiences will be on-demand between 12:00 pm PST and 6:00 pm PST. This is your day, your way, so join us anytime that works for you!



Top Walker Exclusive - Live Cooking Demo with Tirzah Love* - Sponsored by First Republic

Chef Tirzah Love has been a Private Chef and Caterer for the past 8 years. After working in private insurance industry, she started her own catering company and later became a private chef for select players of the Sacramento Kings. Chef Tirzah is passionate about healthy, organic and GMO free cuisine, and uses this in her approach to cooking and teaching. One of the highlight her career was being on Beat Bobby Flay, and also being named one of Essence Magazines "7 Dope Chefs You Should Know."

**This live cooking demo is for Top Walkers only. Wondering how you can score an invite? Top Walkers are those who fundraise over \$1,000. Up for the challenge? Reach out to your AHA staff partner or Aisha.Garnett@heart.org for tips and tools to get there. We hope to see you in cooking class!*

Heart Walk Way - Neighborhood of Digital Experiences

2

Take Two Steps to Save a Life - Sponsored by Chevron

Learn more about how with two simple steps, you can save the life of someone you love. Hands-Only CPR has been shown to be as effective as conventional CPR.



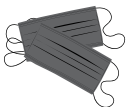
Know Your Numbers! - Sponsored by Lam Research

Take the first step. Knowing your Blood Pressure numbers is the key to a longer, healthier life. Listen to Mick's story as he emphasizes the importance of knowing your numbers.



Can't Believe it's Veggie - Pizza! - Sponsored by Cisco

Next time you're craving some za', grab someone you love and make this delicious veggie pizza together! What's more special than creating special moments while making a delicious and healthier pie?



COVID-19: Getting Back to Life - Sponsored by HealthNet

If you have diabetes, heart disease, stroke, or underlying health conditions, you are at a higher risk from COVID-19. Learn how you can manage your risk and stay healthy with some recommended tips.



Did You Know? You're Entering the Kid Zone! - Sponsored by Atlassian
Heart Walk is fun for the whole family! Gather together, put your thinking caps on, and get ready for some fun and interesting heart facts.



Treat Your Pup! Dog-friendly Macaron Recipe - Sponsored by First Republic

Whether you've been walking, running, or cycling today, you're probably ready for a treat! Don't forget about your furry friend and make this quick and easy macaron recipe for your pet!



Bay Area Adventure! - Sponsored by MarinHealth

Itching to get outside with your four-legged friend? Look no further! Here you'll find a paw full of pet-friendly hiking trails. Did you know that studies show that having a pet is associated with increased exercise and fitness levels, lower blood pressure, lower cholesterol, decreased stress, and greater overall happiness and well-being?



Kids & Tobacco - Sponsored by Sutter

There is still more work to be done to prevent vaping/tobacco companies from targeting kids with flavored tobacco products. Listen to Claire's story and learn how, together, we can put an end to the vaping/smoking epidemic.



Move It More with the Boss Family - Sponsored by Cisco

So you think you can dance? Now is your chance to learn some moves from tWitch and Alison. This dynamic dance duo will get your heart rate up and have you moving in no time. Anyone can do this - just step out if you need a break! Let's get dancing! #MoveMore



Walk n' Roll - Your 2021 Heart Walk Playlist - Sponsored by Brown & Toland

Looking for the perfect song to accompany you on your walk, run, or bike ride? Tune in for your customized 2021 Heart Walk Playlist to get you moving and your heart pumping!

Healthy Heart, Healthy Mind Sessions

Take one class or take them all! Meet Our Instructors:

Sofia Ferrante - Barre at Home - Sponsored by Atlassian



Sofia and her husband, Brandon, own Power Pack Fitness together. Sofia has been teaching barre and Pilates since 2016, and her background is in gymnastics and dance. In Sofia's class, you can expect seriously high energy, positive affirmations, and some killer tunes. In Sofia's spare time she is an elementary school teacher and a loving dog mama.

Sean Pinto - Boxing - Sponsored by EY

Sean received his degree from Sacramento State in Kinesiology with an emphasis in exercise prescription and rehabilitation. While attending university, he helped start a program that offered free fitness classes to students, faculty, and the community. When he graduated he was hired to teach and develop a balance and fall prevention program for seniors. Since then, he has worked at many senior communities in Sacramento and is currently the lead trainer at Power Pack Fitness. Sean's dream is to share his passion for exercise and inspire others to lead healthier and more active lives.



Daniel Bohnett - Burn 30 - Sponsored by Cisco



Daniel is a personal trainer and strength and conditioning coach from Sacramento, CA. He works with a wide range of people from professional athletes to weekend warriors, helping each one of them become the best version of themselves through better movement. His background includes a bachelor's degree in Kinesiology from Sacramento State, and he has studied under some of the brightest minds both in and out of the fitness industry to create a more holistic approach to training. He firmly believes that movement is life and is passionate about using exercise to help anyone and everyone live their BEST lives. Outside of fitness, Daniel loves cars, music, being outdoors, and spending time with his family.

Healthy Heart, Healthy Mind Sessions

Take one class or take them all! Meet Our Instructors:

Monica Biery - Deep Stretch and Restorative Yoga
Deep Stretch - Sponsored by Stanford Health Care
Restorative Yoga - Sponsored by First Republic

Monica Biery is a yoga and meditation teacher and a plant-based nutritionist. She is passionate about helping others to reconnect and to trust in their body's innate wisdom and to remind them they are designed for health. Our bodies speak to us through sensation and symptoms and they tell us exactly what we need to hear. The invitation is to be still and quiet enough to listen as all of the answers to our own healing are within each one of us.



Myisha Robertson - Afro-Caribbean Dance - Sponsored by Kaiser Permanente



Highly energetic Zumba® instructor and fitness presenter. Myisha has been a ZIN™ Member since April 2013 and absolutely loves teaching Zumba and Afro-Caribbean classes. As a former cheerleader and dancer, Myisha will charm you with her spirit and an infectious smile, and challenge you with her technique, perfection, and sharpness. This high energy Afro-Caribbean-inspired dance fitness class aimed at burning calories and full-body toning. Every class is filled with excitement, passion, and FUN! Come experience Afro-Caribbean flavor!

Bushra Khan - Bollywood Dance - Sponsored by Brown & Toland

Trained dancer of 20 years in a classical Indian dance form called, Odissi. This dance form is rooted in storytelling from north-east India. Bushra is a first generation, Bangladeshi-American who fuses her classical training with her American dream. She is also a Bollywood, Bhangra, Hip-Hop, and Jazz Dancer. She takes pride in sharing representation, while connecting all cultures through one common medium: dance. Dance is movement, and she believes that we all have the power to move in our own unique ways. With that same power, we are able to touch the souls of those who watch us by telling a story with our body and expressions. Let's dance for our hearts today!

