



American Heart Association.
Heart Walk.
Indianapolis

**Reclaim
Your
Rhythm**

2022 Indianapolis Heart Walk

Saturday, October 1, 2022

Victory Field

#IndyHeartwalk

Locally sponsored by



LETTER FROM THE CHAIR

Dear Walkers,

Welcome to the 2022 Indianapolis Heart Walk. Over the past year, the American Heart Association has prioritized health more than ever. Our community has rallied around healthy habits by focusing on mental and physical health.

Today is the perfect time to renew your commitment to the mission. Cardiovascular disease, including stroke, remains the No. 1 killer of Americans. We need to meet this challenge with vigor to better prevent, diagnose and treat heart disease and stroke so that fewer people suffer and die.

We hope that you are inspired by your participation in today's Heart Walk. With every step you take and every dollar you raise, you are a part of the solution for a world of longer, healthier lives.

The American Heart Association's top priority is the health and well-being of individuals and their families today and in the future, in every community. So, let's keep the momentum going as we get our hearts pumping and beating as one. Together, we can make a difference!

For healthier hearts,



Jim Wright

2022 Indianapolis Heart Walk Chair

VP, Company Stores

Byrider



2022 INDIANAPOLIS HEART WALK

SIGNATURE SPONSOR



American Heart Association.
Heart Walk.

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Heart Walk

THANK YOU TO OUR SPONSORS!

Signature Sponsors



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ACV Auctions| Barnes & Thornburg| Citizens Energy Group | Market District

Raymond James | Walgreens | Elements Financial

INDY'S CHILD | 13 WTHR | TWO MEN AND A TRUCK

You're a Heart Walk hero.

**Go ahead, pat yourself on the back.
We'll wait.**



A portrait of a middle-aged woman with shoulder-length brown hair and blue eyes, wearing a light blue button-down shirt. She is looking directly at the camera with a slight smile. The background is a soft-focus green outdoor setting.The Roche logo, consisting of the word "Roche" in a white sans-serif font inside a white hexagonal border.

It's often the things you
can't see that make the
biggest difference in
your health.

**If there's a change,
get it checked.**

go.roche.com/getchecked



Roche Diagnostics is a proud
supporter of the American
Heart Association's mission
to save and improve lives.

DAY OF EVENT

Location: Victory Field (501 W Maryland St Indianapolis, IN 46225) The Main Entrance for the walk is the Center Field Gate on the corner of Maryland St & WestSt.

Time: Victory Field will open at 9:00am.

There will be a brief opening ceremony at 10:30 am. Walkers will be released to the start line in waves. To ensure a rolling start, please choose a seat in the stands during the opening ceremony.

5K and 1 mile Heart Walk Start Time: 11:00am

Updated COVID-19 protocols: The health and safety of our volunteers, participants and community is our top priority. We are taking many precautions such as utilizing rolling starts, providing sanitation stations, and encouraging mask wearing.

Parking: You may park in any of the surrounding garages & available street parking. Please note: parking costs will not be covered by the AHA.

What to expect: Make sure to check out the whole ballpark before or after you walk!

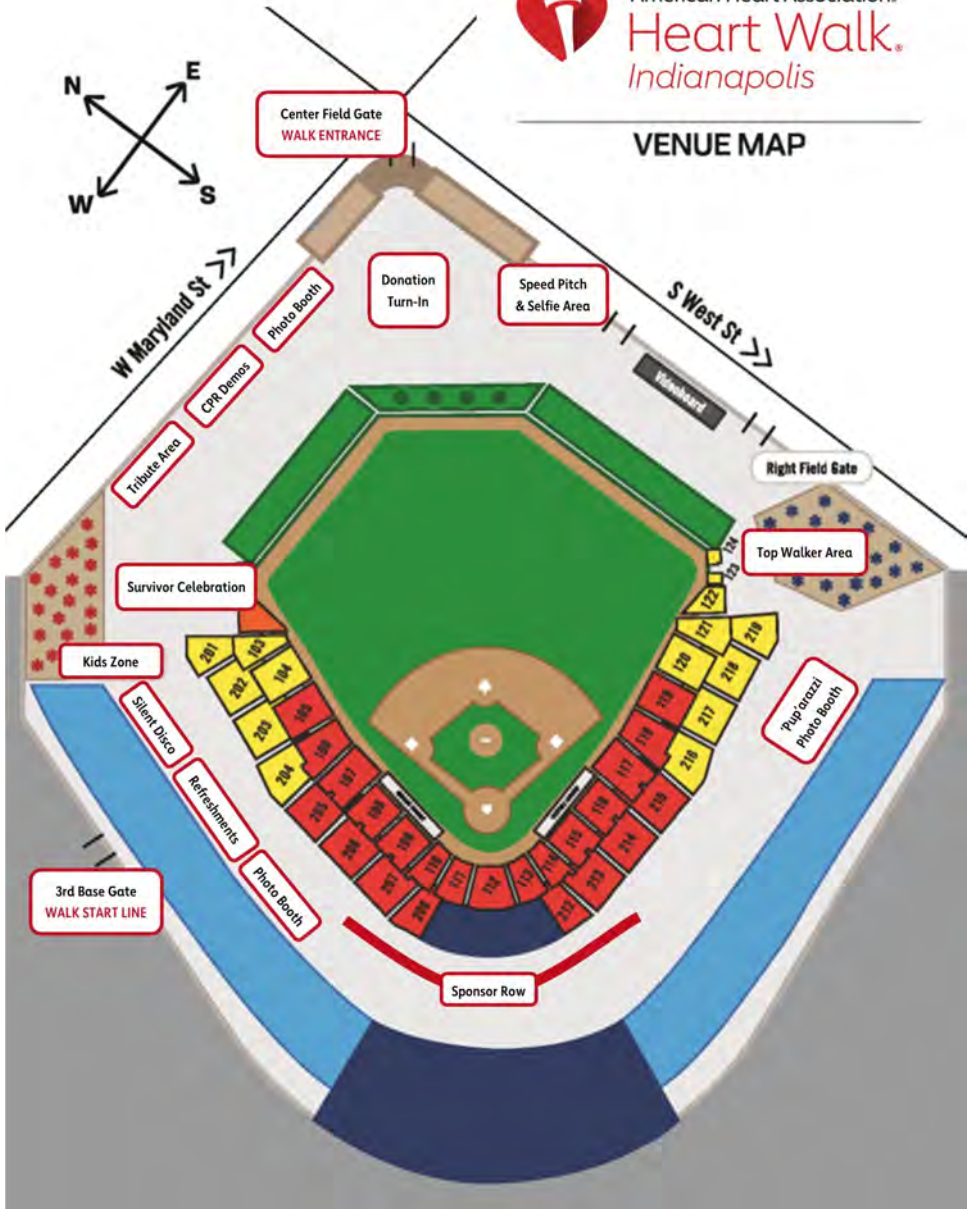
- ***Tribute Area:*** A symbol of the Heart Walk. Make sure to stop by, grab a sharpie and tell us why you are walking! Check out the Tribute tree.
- ***Survivor Celebration Area:*** We recognize our Heart survivors with a red cap, our Stroke survivors with a white cap and our child survivors with a red hero cape! We will also have tribute stickers so your loved ones can tell everyone why they walk.
- ***Kids Zone:*** We will have airbrush tattoo and balloon artists along with games and activities for kids before the walk begins. Share your photos on social media with #IndyHeartWalk.
- ***Silent Disco:*** Attendees will wear headphones and dance to music only they can hear. Music requests are encouraged!
- ***Top Walker Area:*** Our Top Walker area is for walkers who fund-raised at \$1,000 and above on their personal page. Come celebrate your efforts! Collect your Top Walker medal, your Top Walker Bib, and other swag! Take your picture with our special backdrop and find your sign at Top Walker Way.



American Heart Association®

Heart Walk®
Indianapolis

VENUE MAP



EXPO MAP - WRITTEN GUIDANCE

Enter the Indianapolis Heart Walk area through the Center Field Gate entrance to Victory Field, at Maryland Street and West St. Upon entering, in the following order from North-South Counterclockwise: 1-Donation turn-in, 2-Photo booth, 3-CPR Demos, 4-Tirbute Area, 5-Survivor Celebration, 6-Kids's Zone, 7-Silent Disco, 8-Refreshments, 9-3rd Base Gate/Walk Start Line, 10-Photo Booth, 11-Sponsor Row, 12-Pup'arazzi Photo Booth, 13-Top Walker Area, 14-Speed Pitch. Volunteers will be on hand to direct guests.

If you have any additional questions, please contact Matt McKain (812) 350-9817.

*Reclaim
Your
Rhythm*



DON'T MISS A BEAT. GIVE UP TOBACCO & VAPING.

Cigarette smoking is the leading preventable cause of death in the United States, causing more than 480,000 deaths each year—nearly 20 percent of all deaths. Smoking cigarettes leads to disease and disability and harms nearly every organ of the body. Let's make sure our youth does not miss a bit, help them give up tobacco and vaping. **Quit Today.**



American
Heart
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Live Fierce™
End Tobacco & Vaping

Heart.org

Sponsored locally by



Community
Health Network

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AHA Heart Walk Team

Matt McKain

Heart Walk Director

Shaunda Reed

Heart Walk Director

Coco Okocha

Development Coordinator





THAT HEART'S NOT GOING TO START ITSELF

DON'T BE AFRAID. GIVE CPR. SAVE A LIFE.

More than
350,000

out-of-hospital cardiac arrests occur each year in the United States.

During cardiac arrest, immediate CPR can

DOUBLE OR TRIPLE

a person's chance of survival.



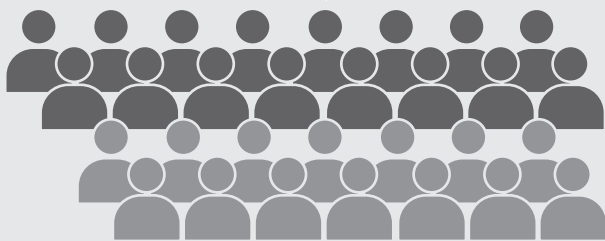
But currently, bystanders only perform CPR



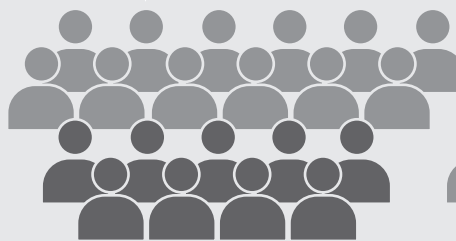
46% of the time.

In a nationwide online survey, respondents commented on why they did not perform CPR on someone in cardiac arrest despite having the opportunity to do so:

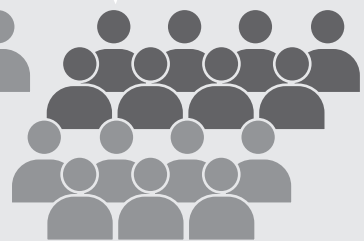
31% Afraid of legal ramifications



24% CPR is too complicated



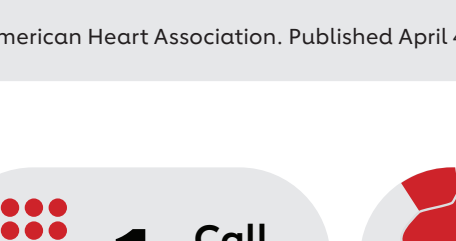
16% I have not been trained to perform CPR



28% Afraid I might hurt the person



18% I did not feel confident performing the steps



14% I did not want to give rescue breaths



Source: 2016 Hands-Only CPR Research Tracking Study, American Heart Association. Published April 4, 2017

With hands-only CPR, it takes just

2 STEPS TO SAVE A LIFE:



1. Call 9-1-1



2. Push hard & fast

Learn more at heart.org/cpr



TOP WALKERS

**INDY
HEART WALK**

*Thanks to all participants that achieved
\$1,000+ in personal fundraising!*

Julie Clary

Monte Curnutt

Marie Denney

Sandeep Dube

Rob Duffy

Julie & Mike Dunlap

James England

Marc Gerdisch

William Gill

Bryan Hohne

Henry Hummel

Melissa Lee

Tim McGeath

Natalie Miller

Patrick O'Donovan

Mike Onda

Jerry Ouellette

Anthony Palmer

Shaun Petersen

Geoff Robinson

Terri Ruff

Jerry Smartt

Sean Stebing

Jonathan Sundheimer

Jim Taylor

Loreen Wolford

Al Wozniak

Jim Wright

#IndyHeartWalk





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HEART WALK**

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American Heart Association®

Healthy for Good™

Life's Essential

8™



Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle.

EAT BETTER

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.

BE MORE ACTIVE

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.

QUIT TOBACCO

Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. And about a third of U.S. children ages 3-11 are exposed to secondhand smoke or vaping.

GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

MANAGE WEIGHT

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.

CONTROL CHOLESTEROL

High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.

MANAGE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.

MANAGE BLOOD PRESSURE

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

Learn more at heart.org/lifes8



Cor Vitae, Latin for 'heart of life', is the American Heart Association's annual giving society of individuals whose generous commitments are helping to change and save lives.

We are proud to honor the Indianapolis society members

Rangarajan Arunachalam
Andrew Barker
William Bates
Mark & Kris Bowen-Bowell
Doug & Julie Bowen
Robert & Terry Bowen
Amber & Jason Chittenden
Frank Conte
Erika Conttrel & Greg Strock
Monte & Cathlynn Curnutt
Ora R. Disinger
Rachel & Scott Doba
Sandeep & Kshitija Dube
Rob & Beth Duffy
Gary & Carol Edwards
William & Eve Gill
Jeff Harrison
Fred C. Hecker
Denise Herd
Bryan Hohne
Henry Hummel
Darren & Jennifer Keller
Phil & Colleen Kenney
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Benjamin Reed
Michael Robertson
Brad Rogers
Brad Shaffer
Donna Smithers
Melissa St. John
Jay & Kelly Swearingen
Jim Taylor
Jess & Ashley Testerman
Marty Wessler
Sunny Lu Williams
Al Wurster





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IU Health is a proud sponsor of the
2022 Indianapolis Heart Walk.

Saturday, October 1, 2022



Indiana University Health

#IndyHeartWalk

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EAT SMART

WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

Use it! Here's what to look for:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Start with serving information.

This will tell you the size of a single serving and how many servings are in the package.

Check total calories.

Do the math to know how many calories you're really getting if you eat the whole package.

Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fat.

Get enough of beneficial nutrients.

Eat foods with nutrients your body needs, like calcium, dietary fiber, iron, potassium and Vitamin D.

Understand % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit heart.org/HealthyForGood



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STEM Goes Red in Indianapolis

Why Go Red Goes STEM?

Women are grossly underrepresented in STEM fields across the board. Go Red for Women is working to change that through STEM Goes Red by cultivating tomorrow's female STEM innovators, today.

Go Red Goes STEM in Indianapolis

This year we are excited to host an interactive, informative, and compelling digital experience where students will have an opportunity to come together and explore the exciting world of STEM, hear from industry leaders, participate in virtual breakout sessions, and engage their minds through STEM-related activities.

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American College of Education | Allison Transmission | LIFT Academy | Marian University | Woolpert



For more information, contact
Kristin.Pfaff@heart.org

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MAKE MOVES TODAY

Take a stand. Wear red and give. Together we can change the statistics and help women create the healthy habits they need to have their best chance at life.

Learn more at heart.org/IndyGoesRed



American
Heart
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American Heart Association.



Go Red for Women®
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 **CVS**Health

Central Indiana Goes Red sponsored locally by



Hendricks
Regional Health

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2022 Executives with Heart



*Thank you to these Indianapolis
Executives & Physicians for raising
\$5,000+ in personal fundraising!*

*Congratulations to Jim Wright for
topping the leaderboard!*





**PTS Diagnostics is proud to support
the American Heart Association
and our shared mission to advance
cardiovascular health for all.**



ptsdiagnostics.com



heart of goodness

Pleased to sponsor the Indianapolis Heart Walk.

#meijercommunity

**TRIMEDX is pleased to support
the American Heart Association
by sponsoring and participating in the
2022 Indianapolis Heart Walk.**



TRIMEDX associates make a
difference in health care and our
communities each day.



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Heart Walk®

See you next year!

Thank you to the following sponsors who have already committed their support for next year's Heart Walk!



See You Next Year!

September/October 2023