



## 2022 BAY AREA DIGITAL HEART WALK EXPERIENCE

**9.16.2022 | #HEARTWALKBAYAREA | REGISTER TODAY!**

Lace up and get ready for this year's American Heart Association Bay Area Heart Walk Virtual Experience on September 16th, 2022. Join us as we live-stream direct from our in-person event in San Francisco at the Embarcadero Plaza. Then, you'll be able to choose how and when you walk, dance, or even stretch your way through the day. We are offering a fun and full menu of activities that you can participate in to personalize your Heart Walk experience. We'll keep you moving and grooving with classes like Boxing to Bollywood Dance or Hands-Only CPR training. No matter where you're joining us from, you'll be able to join in on the action!

12:00 pm PST - 12:30 pm PST

### **Tune into San Francisco's LIVE Opening Ceremony**

- Featuring Janelle Wang NBC Bay Area
- Hear from Cisco's 2022 Heart Walk Chair, Oliver Tuszik
- Hear from Atlassian's 2023 Heart Walk Chair, Robert Chatwani
- Learn how your support is making an impact in Bay Area communities & celebrate our VIP's

12:00 pm PST - 6:00 pm PST

### **Let the Fun Begin!**

- **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**
  - Post a Healthy Selfie and tag #HeartWalkBayArea

## Heart Walk Way - Neighborhood of Digital Experiences

2

### Take Two Steps to Save a Life

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.



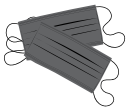
### Know Your Numbers!

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!

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

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!

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.



### Kids & Tobacco

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

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

## Healthy Heart, Healthy Mind Sessions

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

### Sofia Ferrante - Barre at Home



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

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



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.

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### Monica Biery - Deep Stretch and Restorative Yoga

#### Deep Stretch

#### Restorative Yoga

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



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

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!

