



American Heart Association®

Heart and Stroke Walk™



2023 Puget Sound

HEART & STROKE WALK

OCTOBER 14, 2023 | SEATTLE CENTER

OCTOBER 21, 2023 | CHENEY STADIUM

I WALK TO SAVE LIVES. SO CAN YOU.

Heart disease and stroke impact people in very personal, life-changing ways. This year, we want to connect with and share the reasons why we need to eliminate heart disease and stroke.

I walk to get my heart pumping.

Keep hearts beating and brains healthy with every step. Get moving together with our new activity tracker and challenges.

I walk to end heart disease and stroke.

Put the lifesaving power of CPR into more hands and celebrate the sound of our hearts beating as one.

I walk to save lives.

Fund lifesaving research that leads to medical breakthroughs and saving lives right here in our community.

LOCAL HEALTHY FOR GOOD SPONSORS

MultiCare 



Delta Dental of Washington

 **Providence**
Health Plan

LOCALLY SPONSORED BY

UW Medicine

 **PacificSource**
HEALTH PLANS

 **Virginia Mason**
Franciscan Health™

Sign up, Step out and share your personal WHY.



YOUR HEART WALK *MADE EASY*

Get started here. Participating in the Heart & Stroke Walk is about coming together, getting hearts pumping, honoring survivors, raising lifesaving funds – and having fun along the way. This year's event invites you to Heart & Stroke Walk here with us in person or wherever you feel inspired on October 14th at Seattle Center or October 21st at Cheney Stadium.



START (OR JOIN) A TEAM. Register today at pugetsoundheartwalk.org for instant access to fundraising tools and rewards. By offering flexible options for participation, we're going to reach more people than ever!



RAI\$E FUNDS & SAVE LIVES. Start Fundraising fast with Facebook. Log into your Heart Walk HQ to connect your fundraiser and follow the steps to invite your friends, share updates and collect donations.



LET US CELEBRATE YOU! The more funds you raise, the more points you earn to redeem for Heart & Stroke Walk Hero Gear and show your support of the American Heart Association all year long!

I walk to save lives.

NOW MORE THAN EVER, **YOUR SUPPORT IS NEEDED.**

By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science.

I WALK TO
SAVE LIVES LIKE **CAITLYN**



The AHA is committed to **funding early-career investigators**, whose work is vital to the future of heart and brain health.



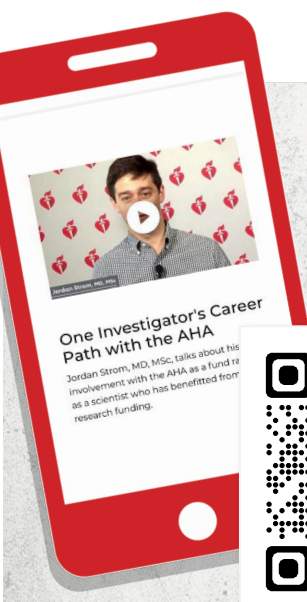
Last year, the American Heart Association funded **598 new research** projects totaling **\$135.8 million**.



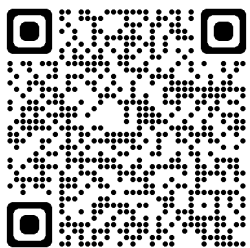
Unfortunately, another **1,530 applications** (2 out of 3 applications received), worth **\$412.5 million** could not be funded.



Funding from the **AHA helped launch the careers** of many of prominent cardiovascular and brain scientists, **including 14 Nobel prize winners**.



Hear from an investigator about how the AHA changed his career!
Scan the QR code & scroll to video!



\$4.9 BILLION Invested in Research Funding Since 1949
More than any nonprofit organization except the federal government

22 MILLION People Trained in CPR Each Year

19+ MILLION Patients Benefiting From a Quality Care Initiative for High Blood Pressure

HOW CAN I MAKE MY MARK?



American Heart Association®

Heart and Stroke Walk™



"I walk to ..."

I walk to save lives.

With every step I take, I know I am helping fund the next big breakthrough that may help save the life of someone I love – or even my own life. Every walker who joins, every dollar donated, means more research, more people trained in lifesaving CPR, more medical breakthroughs and more lifesaving moments for hearts big and small.

EAT SMART. Healthy eating starts with healthy food choices. Obesity, high blood pressure and high cholesterol are all risk factors for heart disease and stroke. You don't need to be a chef to create nutritious, heart-healthy meals your family will love. Eating a healthy diet is an important first step to bringing health and well-being into everyone's homes.

BECOME A LIFESAVER. Our hands can do so many things, the most important of which may be saving someone's life. When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby.



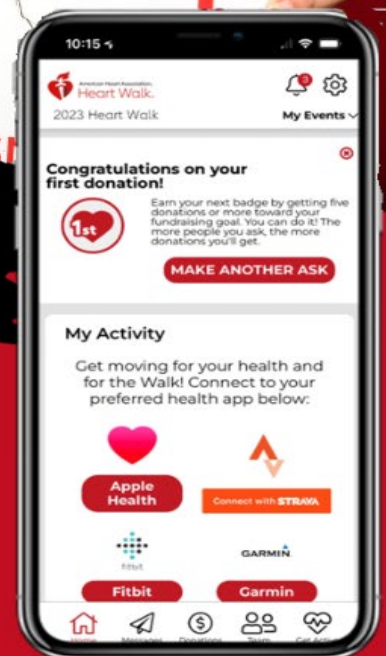


Move More, Raise Funds

THERE'S AN APP FOR THAT!

Download the Heart Walk App to Join the Move More activity challenge and kick off your fundraising.

You now can track your minutes of exercise right from your phone! Through the Heart & Stroke Walk app you'll be able to log in and start tracking 30 days before the Heart Walk!



MY PERSONAL IMPACT GOALS

Total Raised:

\$_____

Teammates to Recruit:

#_____

I WALK FOR:

MOVE MORE ACTIVITY CHALLENGE

You can now track your minutes of exercise and participate in fun activity challenges right from your phone through the CycleNation app!

"SET IT AND FORGET IT" MESSAGES

Pre-written Emails, Text Messages or Social Media posts makes it easy for your friends and family to support you and our mission with a donation!

MOVE MORE LOCALLY SPONSORED BY





WEEK OF WELLNESS

Exercise your mind, body and spirit during the week leading up to your Heart & Stroke Walk. Find a daily dose of inspiration on the [Facebook page](#)!

MOVE MORE MONDAY [October 9, 2023]

Whatever your age is, a few hours of movement (especially with strength training) each week has the power to keep you healthy and happy. Check out [5 Ways to Boost Your Workout](#) to get your body moving!

Each walk will feature an exciting Move More warmup, sponsored by Providence Health Plan, to get your heart pumping and ready to walk!

HEALTHY TIPS TUESDAY: PERFECT PROTEINS [October 10, 2023]

There are so many yummy ways to get protein into your diet that aren't *just* meat. [Plant-based protein](#) options can be delicious and help keep your heart happy!

Learn more about nutrition and pick up a healthy snack in the Farmers Market booth at the events! The farmer's market is brought to you by Delta Dental.

BE WELL WEDNESDAY [October 11, 2023]

Managing stress is a great way to keep your heart healthy and reduce your likelihood of developing [hypertension](#)! Try out this easy [breathing technique](#) to help reduce stress and anxiety!

Stop by the blood pressure demonstration booth, sponsored by MultiCare, at the events to learn more about the link between stress and blood pressure and how to correctly measure blood pressure at home!

THANKFUL THURSDAY [October 12, 2023]

A regular gratitude practice can make you healthier and lead to many improvements in your life! Learn more about implementing gratitude practices into your life with this [Gratitude is Good Medicine Infographic](#)!

FURRY FRIEND FRIDAY [October 13, 2023]

Having a pet is a Healthy Bond for Life™ that may help you live a longer, healthier life! Your pet is there for you in so many ways. There might even be some on our [infographic](#) that you don't even realize!





2023 Puget Sound HEART & STROKE WALK Day of Event

OCTOBER 14, 2023 | SEATTLE CENTER
OCTOBER 21, 2023 | CHENEY STADIUM



TOP WALKERS *(Raise \$1K+)*

Let us celebrate your achievement as a Top Walker with entrance to the VIP area at Heart & Stroke Walk where there will be to go breakfast options as well as an espresso station!



PICK YOUR ROUTE

Choose from a 3 mile or a 1 mile route. Both options are non-competitive and non-timed. [Seattle Route](#) begins and ends at Fisher Pavillion and the [Tacoma Route](#) begins and ends at Cheney Stadium.



POSE FOR THE PUP-ARAZZI

Leashed, well-behaved pets are welcome one route and outdoor festival areas at either event! Stop by the Pup-arazzi Pet Photo Area to take a picture with your pup and then post during the event using #HeartStrokeWalk!



CELEBRATE SURVIVORS

If you or your child are a survivor, show everyone your triumphs. At the Heart & Stroke Walk, survivors are given commemorative red (for heart survivors) or white (for stroke survivors) ball caps to wear during the walk. To celebrate our child Heart Heroes, we offer special SUPERHERO CAPES for young survivors.



During your walk, listen to our EXCLUSIVE Heart & Stroke Walk On Demand playlist, no matter where you are!

Get Your *GROOVE ON.*

Finish strong

Our **SURVIVOR FINISH LANE** celebrates the journey heart disease and stroke survivors have taken to be at the Heart & Stroke Walk. Be filled with joy as volunteers, family and friends all participate in our cheering section as you cross the finish line. Don't forget to pose for a Survivor Finish Line photo op and ring the Survivor bell to celebrate your accomplishment of crossing the finish line.

LOCALLY SPONSORED BY

UW Medicine

SAVE LIVES AND EARN SWAG! Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center —points you can redeem for Heart & Stroke Walk Hero Gear. It's our way of saying thanks and it's a great way to show your support of heart and brain health!

Reward milestones and levels:

\$100
HERO

\$250
MEDALIST

\$500
WARRIOR

\$1,000
LIFE
SAVER

\$2,550
ADOVOCA
TE

\$5,000
CHAMPION



Log in to your Heart Walk HQ on your PC or HW App to visit the [Rewards Center](#).

I walk to save lives. So can you.

2023 Puget Sound

HEART & STROKE WALK



[American Heart Association - Washington](#)



[@AmericanHeartWA](#)



[@americanheartwa](#)

October 14, 2023 | Seattle Center Fisher Pavilion
October 21, 2023 | Cheney Stadium

Today

Register online for access to our turnkey digital tools and rewards at pugetsoundheartwalk.org

NATIONAL GO RED FOR WOMEN SPONSOR



9.14.2023

Move More Activity Challenge goes LIVE in the Heart & Stroke Walk app

LOCAL HEALTHY FOR GOOD SPONSORS



Delta Dental of Washington

10.14.2023

Seattle Heart & Stroke Walk!

Seattle Center Fisher Pavilion
305 Harrison Street | Seattle, WA



10.21.2023

Tacoma Heart & Stroke Walk!

Cheney Stadium
2502 S Tyler Street | Tacoma, WA



Abbott Construction
First Choice Health
Expeditors
Lee Johnson Auto Group
Umpqua Bank
Stryker

FAQ's

[Click here](#) to visit our frequently asked questions!

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