



American Heart Association®

Heart Walk®

LAKE & GEAUGA COUNTIES

HEART WALK

JUNE 3, 2023

LAKELAND COMMUNITY COLLEGE





American Heart Association®

Heart Walk®

Thank You **Sponsors!**

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Chairperson's **Welcome**



Dear Walkers,

On behalf of the American Heart Association and Executive Leadership Team, thank you for participating in the Lake & Geauga Counties Heart Walk!

The Heart Walk is much more than a one-day fundraiser. This event is a celebration of year-round employee health, community programming, policy change, improved quality care, and lifesaving research advancements – all with strong focus on ensuring health equity for all.

Over the past 30 years, funds raised through the Heart Walk have:

- **Established healthy food policies in schools**, helping more kids have access to the foods they need to thrive
- **Improved technology** that's saved lives from heart disease and stroke
- **Developed science-backed guidelines**, improving the quality of care loved ones receive in hospitals across the nation
- **Uncovered CPR techniques**, making it easier for bystanders to respond in an emergency and save someone's life

As you prepare for the Lake & Geauga Counties Heart Walk, please know you make a direct impact from the moment you register. Whether you are a survivor, caregiver, healthcare provider, sponsor, donor or walking for your own heart health – you are coming together as One Heart, One Community. I walk to save lives. So can you.

Shawn Aiken

2023 Lake & Geauga Counties Heart Walk Chair

Vice President, CT Consultants



THANK YOU, EXECUTIVE LEADERSHIP TEAM MEMBERS!

**MORRIS
BEVERAGE III**



**KARA
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IAFELICE**



**MARIANNE
KLASCH**



**MAYOR DENNIS
MORLEY**



**AMY
SABATH**





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THANK YOU,
From the Heart Walk Team

We are so excited to welcome you back to the Lake & Geauga Counties Heart Walk! Whether you plan to join us at Lakeland Community College or get your steps in around your local neighborhood, you are crucial to the advancement of the American Heart Association's mission.

Here are a few things you should know as you prepare for your best Heart Walk yet:

- ♥ We want to see and hear you on walk day! Take plenty of photos and tag @AmericanHeartOhio on [Facebook](#) and [Instagram](#) and @AmHeartOhio on [Twitter](#). Don't forget to use #LakeGeaugaWalk!
- ♥ We kindly ask if you are not feeling well to please stay home.
- ♥ HAVE FUN! Whether walking or cheering on friends, know that your Heart Walk day is being spent impacting the lives of the ones you love – and even the lives of those you have not met.

We are so grateful for each and every one of you and look forward to cheering you on!



Your Heart Walk Team,



Stephanie Westerh
Development Director



Valerie Hillow Gates
*Executive Director, Market
Vice President*



Sarah Repasy
Senior Development Director



Lauren Eberhard
Development Coordinator



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Week of **Wellness**

MAY 29th – JUNE 3rd

MOVE MORE MONDAY – May 29

Get warmed up for Week of Wellness and [Stop Sitting](#) today with a binge break with our #MadeYouMove [Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#).

EAT SMART: HEALTHY TIPS TUESDAY – May 30

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with [healthier condiments](#) or [smart substitutions](#)!

BE WELL WEDNESDAY – May 31

On our final Heart Walk Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a [guided meditation](#).

THANKFUL THURSDAY – June 1

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

BEST FRIENDS FRIDAY – June 2

Pets can help you reduce stress, boost mood, get more exercise, and lower blood pressure and cholesterol. (We've got [the science](#) to prove it.) Show us your best photo of you and your furry best friend on walk!

HEART WALK DAY – June 3

Join us at Lakeland Community College for our Heart Walk celebration. Check out the event's schedule below:

8:00 a.m. – Heart Walk festival opens

8:45 a.m. – Warm Up & Opening ceremony

9:00 a.m. – Begin Heart Walk

10:30 a.m. – Event concludes

WEEK OF WELLNESS SPONSORED BY

ASM International | Fredon Corporation | Ohio Living Breckenridge Village
Rea & Associates | Thrasher, Dinsmore, & Dolan LPA



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Event Map & Parking



LEGEND

- free parking
- heart walk festival
- start & finish line, sponsored by **CT Consultants**
- 1.1 mile route, do as many laps as you can!
- hydration station, sponsored by **Kinetico**
- medical

TURN BY TURN DIRECTIONS

Start outside Fitness Center. Head north and turn right at stop sign. Go straight past tennis courts and turn right at curve. Go straight for .1 mi. At roundabout, stay right and continue straight, veering right at next street. Continue straight for .3 mi, going past E building. Turn left at next street, continuing straight for .1 mi. Turn right at stop sign, walking in front of S building toward Clock Tower. At Clock Tower, veer left. Continue straight for .05 mi. Turn right in front of H building and continue straight to return to the Heart Walk festival.



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Heart Walk® A word from **OUR SPONSORS**

HYDRATE YOUR HEART

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With summer months coming up, we will be reaching for something to quench our thirst. Soda, sports drinks, lemonades, or anything cold and wet will work right? For your heart and brain health, there are better choices than others.

Just one can of regular soda, energy, and sports drink has about 10 teaspoons of sugar. Sugar-sweetened beverages, including fruit-flavored drinks, are the top source of added sugars in the U.S. diet. An 8-ounce fruit punch could have 13 grams of added sugar. The American Heart Association recommends no more than 9 teaspoons for men and 6 teaspoons for women and kids of added sugar in our daily diet.

Water is the best for making sure that we are hydrated. Check out [this video](#) with great recipes to change up your water. The recipes will keep you hydrated, refreshed, and cool through the summer.

TAKE A HEALTHY SELFIE

SPONSORED BY



The moment you and your donors give to the American Heart Association through Heart Walk, you are contributing to, witnessing, and progressing lifesaving science. Be proud of your participation in the Heart Walk and the healthy changes you have committed to.

To celebrate you "walking the walk", head over to social media and tag [@AmericanHeartOhio](#) on [Facebook](#) and [Instagram](#) or [@AmHeartOhio](#) on [Twitter](#)! Don't forget to [join the Healthy For Good movement](#) to keep you on track with tips, videos and hacks!

CELEBRATE SURVIVORS

TRIBUTE STICKERS SPONSORED BY



Heart disease and stroke survivors are the HEART of every walk! We encourage our survivors to stop by the Survivor Area to pick up your special hat and commemorative pin to show your triumph over heart disease or stroke. Tribute stickers will also be available for all participants to fill out and wear on your shirt to indicate who you are walking for.





● HOW BIG IS YOUR HEART?



Your heart is located in the middle of your chest, just under your rib cage, and is the size of your fist. As you grow, your heart grows too - keeping up with the size of your fist!

● HOW DOES YOUR HEART WORK?



Your **heart** is your cardiovascular system's **fluid pump**. It pumps **blood** and **nutrients** to your **organs**. And it pumps blood to the **lungs** where it receives **oxygen** after the body has used it up. This process is called **oxygenation**.



● The heart has **four chambers**.

- The **upper two** are the **atria**.
- The **lower two** are the **ventricles**.



● The **chambers** are separated by a wall of tissue called the **septum**.

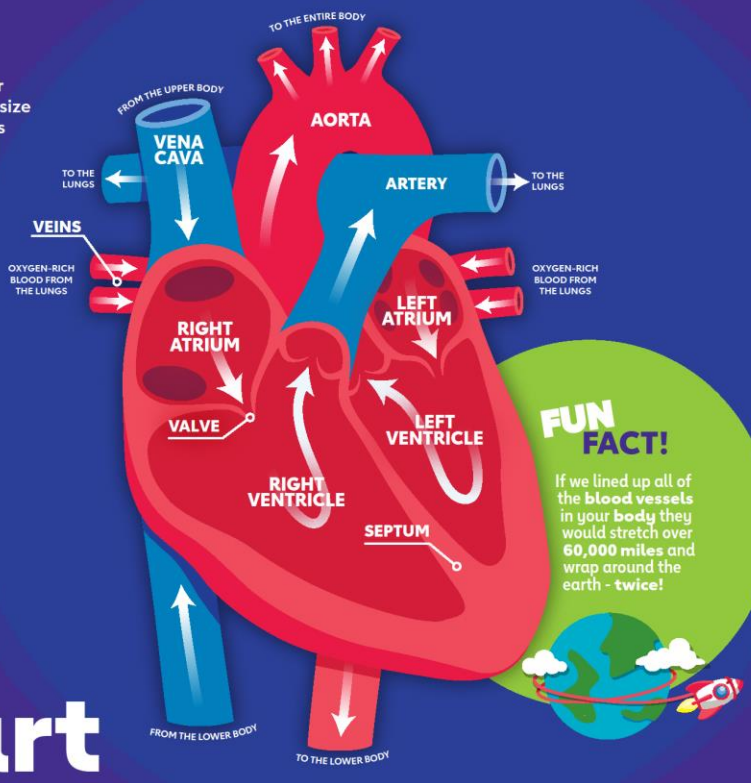
Blood is pumped through the **chambers**, aided by **four heart valves**, which open and close to let the blood flow in only **one direction**.

Learn About Your Heart



FUN FACT!

Being active - **moving more** - not only helps your **heart** and **bones** be strong, but also helps you sleep better, have more **energy** and feel less stressed and more **confident**!



FUN FACT!

If we lined up all of the **blood vessels** in your **body** they would stretch over **60,000 miles** and wrap around the earth - **twice**!

● HABITS FOR A HEALTHY HEART

Your heart depends on you! Make heart-healthy choices every day!



ADD COLOR



CHOOSE WATER



MOVE MORE



NEVER VAPE OR USE TOBACCO



HELP OTHERS



PRACTICE GRATITUDE

Other Resourceful Links:

- [F.A.S.T. Coloring Pages](#)
- [Animation of a Heart Attack](#)
- [Brain Health Quiz](#)
- [How to Perform Hands-Only CPR and Save a Life](#)

Thank you to our Kids Zone sponsor:





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Heart Walk® Frequently Asked Questions

Is there a registration fee? Nope. Instead, participants are encouraged to fundraise, so your impact is limitless and make a personal donation to support the Heart Walk.

Is there a fundraising minimum? No, and there's no maximum either! We encourage participants to make a difference by asking friends and family for donations and making a personal donation.

Should I register ahead of time? Absolutely! Registering online at heart.org/lakegeaugawalk gives you access to all our great fundraising tools and keeps you updated on day of event info.

Can I participate in Heart Walk if I'm not on a Team? Sure, you can walk and fundraise individually. Every donation will help create big science! But hey, since you're already on board, maybe consider starting a team and asking friends, family and coworkers to join you to also be Heart Walk heroes.

Is there an indoor option in case of rain? So glad you asked – yes! In case of rain, the Heart Walk will move inside the Athletic & Fitness Center to the gym and indoor track.

Can my kids walk, too? Are strollers allowed? Definitely! There will be many children's activities, including yard games, coloring, bingo, and more! We do ask that you supervise your children when they are in the Kids Zone. Strollers are also permitted!

Is there a check in area day of walk? No, simply lace up, show up and walk with us!

Will you have water? We will! Our Hydrate Your Heart Sponsor, Kinetico, will be keeping us hydrated, but be sure to bring your reusable water bottle!

Are pets allowed? Definitely! This is a family-friendly event. Non-aggressive, leashed pets are welcome at the event but must remain outdoors. Please clean up after your dog.

Can I turn in money at the Heart Walk? You sure can! Stop by the donation turn in area – just look for the dollar sign balloons.

How are donations made? Donations can be made securely to your fundraising page with a credit card, PayPal, Venmo and more. Cash and checks (made payable to the American Heart Association) may also be collected. You can deposit checks directly through the [Heart Walk App](#)!

Will I receive a Heart Walk t-shirt? All walkers who raise \$100+ can redeem Heart Walk Hero Gear from our [Heart Walk Rewards Center](#) in your [Heart Walk Headquarters](#) and in the [Heart Walk App](#). There are so many cool options to choose, and the best part is they will be shipped directly to you after you redeem them. The Rewards Center is available up to 6 weeks post-Walk for redemption!

Can I fundraise after Walk day? Of course! Who are we to stop you from achieving fundraising fame? You can fundraise online or submit cash and checks to your local [American Heart Association Representative](#) through June 30, 2023.



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HOW WE CELEBRATE YOU EARN AMERICAN HEART ASSOCIATION 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 Hero Gear. It's our way of saying thanks and it's a great way to show your support for heart and brain health!

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

THE TRUTH ABOUT SUDDEN CARDIAC ARREST

By the time you finish reading this page, someone in the U.S. has died from a sudden cardiac arrest. Most of these deaths occur at home. Every hour of every day, family members and friends find their loved ones collapsed and dying. They know to quickly call 9-1-1, but they're often panicked, in shock and they don't know what else to do. While they anxiously wait for the sounds of sirens in the distance, they're holding out hope that help will arrive in time. They're frozen in fear waiting for help to come. **The truth is after 10 minutes without CPR, the chances of their loved one surviving is close to zero.**

More than 1,000 people in the U.S. die every day from a sudden cardiac arrest. Nearly 3/4 of these deaths happen at home.

**TWO STEPS TO
SAVE A LIFE!**



1. Call
9-1-1



2. Push hard
& fast

Thank you to our Cor Vitae Society. Cor Vitae, Latin for The Heart of Life, is an annual Philanthropic Giving Society. Society members have made a personal investment to improve and extend lives through the work of the American Heart Association. Their efforts support cutting-edge research, community initiatives and proven advocacy, education and outreach efforts. We are deeply grateful to each of our Cor Vitae Society members and their impact.



Tom Hablitzel
Giving Societies Ambassador

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Tom & Jan Hablitzel

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In loving memory of Dolores M. Lyon
George & Tammy Sullivan

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Robert Yusek
Jeff Zemito
Gary & Orysia Zrimec

Thank you to our Paul Dudley White Legacy Society. The Paul Dudley White Legacy Society recognizes donors who support the American Heart Association through a will, trust or other estate planning vehicle such as account beneficiary designation form. Named for one of our founders, Dr. Paul Dudley White, considered the father of American cardiology, members not only continue Dr. White's legacy, but also create a legacy of their own.

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Dawn Clark
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