

## 2021 Kentuckiana Heart Walk Playlist Transcript

### Opening Announcement

Welcome to the Kentuckiana Heart Walk. We are so excited to move more with you today in celebration of healthy habits while making an impact in your community and saving lives. We are excited to be back together this year as moving more is still critical to mental and physical health. The funds raised through Heart Walk help the American Heart Association fund research, pursue advocacy, teach CPR and promote better health within our communities. Now, let's get some tunes going as we walk together! On your heart. Get set. Go!

### Music plays

### Music Break Announcement 1

There are moments in life. We wish we could freeze in time. We live. We live for them. We are grateful for them. Practicing gratitude, can help your health. Developing a daily gratitude habit is a great step on your journey to a healthier future.

### Music Plays

### Music Break Announcement 2

The American Heart Association works with local, state and federal government to make changes that drive better health outcomes. Most recently our advocacy team, with the help of our amazing You're the Cure advocates, worked to defeat a proposed cigar bar exemption within Louisville's smoke free ordinance. This policy change, like so many others will help put Kentuckiana on the path to longer, healthier lives. Text Kentucky to 46839 to join us in speaking out for healthier communities!

### Music Plays

### Music Break Announcement 3

Do you know the symptoms of heart failure? During heart failure, the heart can't pump blood efficiently enough to meet the body's needs because either it's pumping ability has weakened or because the lower left chamber has become thick and no longer holds enough blood. People who have heart failure can track symptoms to help manage it successfully for a longer healthier life. Know the symptoms so that together we can rise above heart failure. Learn more at [heart.org](https://heart.org).

### Music Plays

### Music Break Announcement 4

Together, we are fighting for the health and well-being of Kentuckiana. Thanks to our sponsors Kindred Healthcare, WellCare of Kentucky and Kroger for supporting us. Let's get back to our Heart Walk playlist.

### Music Plays

### Music Announcement 5

The American Heart Association recommends a healthy dietary pattern that promotes fruits, vegetables, whole grains, and fat-free low fat dairy products. Start making smart food choices today.

For tips, visit [heart.org/eatsmart](https://heart.org/eatsmart).

Music Plays

Music Announcement 6

While you are out here moving and grooving for Heart Walk you aren't just raising heart beats you are raising funds to make a difference. AHA is addressing healthy equity barriers by engaging in a Hispanic radio series called, Hispanics with Heart. This series will be centered around heart healthy education for our Latino community. AHA is also working to address health equity and social determinants of health by providing self-monitoring blood pressure education and resources for our hypertensive patients. By working together, we are driving change. The kind of change that saves the lives of those we love. Our moms, dads, sisters, brothers, aunts, uncles, babies, and neighbors.

Music Plays

Music Announcement 7

Cardiorespiratory fitness is the single best predictor for longevity. Remember 150 minutes of moderate intensity exercise increases that heart rate and is super important. Visit [Heart.org](https://Heart.org) for more tips and exercises.

Music Plays

Music Announcement 8

Thank you to our top walkers for their commitment to heart and stroke patients everywhere. Your personal impact is far reaching, and we could not be successful in our mission without you. From the bottom of our hearts. Thank you!

Music Plays

Music Announcement 9

You have been listening to the Kentuckiana Heart Walk On Demand playlist. Thank you for walking with us today. With every step you take and every dollar you raise, you are building a legacy that will save and improve lives. Our deepest gratitude for helping us with our mission to be a relentless force for a world of longer, healthier lives. And, a special thank you to our sponsors Kindred Healthcare, WellCare of Kentucky and Kroger. Don't forget to move more in fun and inspiring ways each day.