

## **2021 National Heart Walk Playlist Transcript**

### Opening Announcement

Welcome to the 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 critical to mental and physical health. The funds raised through Heart Walk help to fund research, teach CPR and promote better health within our communities. We want to thank you for joining us! Now, let's get some tunes going as we walk together! On your heart. Get set. Go!

### Music plays

#### Music Break Announcement 1

You don't have to go on a diet to change your diet. Being healthy can be bright, happy, tasty, fun. All it takes are a few little changes that can add up to make a big difference, like a little more color or a few extra Zzzs. Join the movement and we'll help you get and stay healthy for good.

### Music Plays

#### Music Break Announcement 2

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 Break Announcement 3

Heart disease and stroke survivors are the heart of what we do. Our survivors are given commemorative red or white ball caps to wear proudly to show their triumph over heart disease or stroke. And to celebrate our child Heart Heroes we offer special superhero capes for young survivors. You are our mission in action and the reason why we are all walking today.

### Music Plays

#### Music Break Announcement 4

We appreciate your efforts to help us fund lifesaving science to keep hearts beating! Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center in your Heart Walk Headquarters— points you can redeem for Heart Walk Hero Gear to include this year's exclusive t-shirts. It's our way of saying thank you and it's a great way to show your support for heart and brain health!

### Music Plays

#### Music Announcement 5

Extra unneeded calories may be hiding in your drinks like sodas, juice, and sports drinks. Rethink the drinks that you consume throughout the day. Read nutrition labels for serving sizes and added sugars. The American Heart Association recommends water to hydrate. Add fruit or try a seltzer if you want to jazz it up. And carry a water refillable water bottle with you to make water, the easy choice. Small choices made each day add up to better health.

### Music Plays

## Music Announcement 6

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://www.heart.org) for more tips and exercises.

## Music Plays

## Music Announcement 7

Dogs and cats are family members and often best friends. As more of us are working from home, the bond with our pets can be a powerful partner in keeping us happier and healthier.

## Music Plays

## Music Announcement 8

Every 40 seconds, a loved one has a heart attack or stroke. Dealing with a heart or stroke condition can be complex. The American Heart Association is here to help with emotional support for survivors and caregivers. The online community through our Support Network provides support that lifts you up! Ask a question, join a discussion, or connect with others experiencing the same diagnosis. Visit [supportnetwork.heart.org](https://supportnetwork.heart.org).

## Music Plays

## Music Announcement 9

Warming up and cooling down are good for your exercise performance. You'll do better, faster, stronger. And for your heart stretching is a great option. Hold each stretch for 10 to 30 seconds. Exhale as you stretch ahh, inhale while holding. Check out more tips at [heart.org/movemore](https://www.heart.org/movemore).

## Music Plays

## Music Announcement 10

You have been listening to the 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. Don't forget to move more in fun and inspiring ways each day.